



**SPICY TILAPIA WITH  
PINEAPPLE-PEPPER RELISH**

**Advanced Lifestyle**

**Ingredients**

2 TSP canola oil  
1 TSP Cajun seasoning  
1/4 TSP kosher salt  
1/4 TSP ground red pepper  
4 (6 oz.) Tilapia fillets  
1-1/2 cups chopped fresh pineapple chunks  
1/3 cup chopped onion  
1/3 cup chopped plum tomato  
2 TBS rice vinegar  
1 TBS chopped fresh cilantro  
1 small jalapeño pepper, seeded and chopped  
4 lime wedges

**Instructions**

1. Heat oil in a large nonstick skillet over medium-high heat. Combine Cajun seasoning, salt and red pepper in a small bowl. Sprinkle fish evenly with spice mixture. Add fish to pan and cook 2 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
2. Combine pineapple and next 5 ingredients in a large bowl, stirring gently. Serve pineapple mixture with fish. Garnish with lime wedges.

**Portion-Per-Serving Information:** (Yields 4 servings):

Serving = 1 fillet + 1/2 cup relish = 1 P, 1 V, 1/2 FT