



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

—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.

—Combine pineapple and next 5 ingredients in a large bowl, stirring gently. Serve pineapple mixture with fish. Garnish with lime wedges.

SERVING INFO: (Serves 4)

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

See photo of this recipe at [Instagram](#) and [Facebook](#)