

# FIESTA TILAPIA WITH RICE

*Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Sodium*

*Serves: 4 (Serving= 1 cup rice and veggies and 1 tilapia fillet)*

## Nutrition (per serving)

Calories: 350

Total Fat: 11 g

Saturated Fat: 4.5 g

Sodium: 442 mg

Total Carbohydrate: 29 g

Dietary Fiber: 3.5 g

Protein: 34 g



## Ingredients

### *Rice and veggies*

- 1 Tablespoon canola oil
- 2 small zucchini, coarsely chopped
- 1 small yellow squash, coarsely chopped
- 1 cup onion, diced
- 1 cup bell pepper, diced
- 1 Tablespoon hot chili sauce (like Sriracha®)
- 1 Tablespoon chili powder

### *Fish*

- Cooking spray

- ½ teaspoon cumin
- ½ Tablespoon garlic powder
- 1/8 Tablespoon black pepper
- ¼ teaspoon garlic salt
- 1 (2 cup) boil in bag brown rice (cooked according to package directions)
- 4 - 4 ounce tilapia filets



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- 2 teaspoons cumin
- ½ Tablespoon chili powder
- ½ Tablespoon garlic powder
- ¼ teaspoon garlic salt
- 1 cup light shredded Mexican or taco flavored cheese

### **Directions**

1. In a large skillet, cook vegetables in canola oil on medium-high for 10-12 minutes. Add seasonings half way through and stir throughout the cooking time. Once vegetables are tender, add cooked brown rice and stir to combine. Set aside in a bowl.
2. Spray same large skillet with cooking spray and cook tilapia filets for 3-4 minutes on both sides, adding the seasonings equally to both sides.
3. Place rice and veggies on plate, sprinkle with shredded cheese and top with tilapia filet.



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