

Blackened Tilapia with Zucchini Noodles



Ingredients:

- 2 large zucchini (about 1 ½ pounds)
- 1 ½ tsp ground cumin
- ¾ tsp salt, divided
- ½ tsp smoked paprika
- ½ tsp pepper
- ¼ tsp garlic powder
- 4 tilapia fillets (6 oz each)
- 2 tsp olive oil
- 2 garlic cloves, minced
- 1 cup pico de gallo

Directions:

1. Trim ends of zucchini. Using a spiralizer, cut zucchini into thin strands.
2. Mix cumin, ½ tsp salt, smoked paprika, pepper and garlic powder; sprinkle mixture generously onto both sides of tilapia. In a large nonstick skillet, heat oil over medium-high heat. In batches, cook tilapia until fish just begins to flake easily with fork, 2-3 minutes per side. Remove from pan; keep warm.
3. In same pan, cook zucchini with garlic over medium-high heat until zucchini is slightly softened, 1-2 minutes, tossing constantly with tongs (do not overcook). Sprinkle with remaining salt. Serve with tilapia and pico de gallo.

Nutritional Information:

Calories	203
Total Fat.....	4 g
Saturated Fat	1 g
Cholesterol	83 mg
Total Carbohydrate....	8 g
Dietary Fiber	2 g
Protein	34 g
Sodium	522 mg
Serving Size	1 fillet
Recipes Yields	4 servings

Prep time: 30 minutes

Adjusted from:

<https://www.tasteofhome.com/recipes/blackened-tilapia-with-zucchini-noodles>

hoag.org/healthyrecipes