

Tilapia with Avocado Sauce

Susan m Selasky - Detroit Free Press
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Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 30 minutes

SALSA

2 avocados, halved, pitted and diced small

3/4 cup red bell pepper, finely diced

1 small jalapeno, minced

1 small red onion, finely chopped

1/2 cup packed fresh cilantro leaves, roughly chopped

1/4 cup fresh lemon juice

sea salt

ground black pepper

1/2 teaspoon sugar

TILAPIA

nonstick cooking spray

4 (4 to 6-ounce each) tilapia fillets

1 tablespoon olive oil

favorite lemon or other citrus type of seasoning

Preheat the broiler.

In a medium bowl, combine the avocados, red pepper, jalapeno, onion, cilantro and lemon juice.

Season the salsa with salt, pepper and a pinch of sugar to taste. Set aside. (You can make the salsa one day in advance.)

Coat a rimmed baking sheet with the cooking spray or line with foil.

Rinse the tilapia fillets and pat dry. Place the tilapia on the baking sheet and brush each fillet with a little oil.

Season with salt and lemon pepper seasoning.

Broil until the fish is opaque throughout, about 3 minutes depending on the thickness of the fish.

Top the fish with salsa and serve with a side salad.

Per Serving (excluding unknown items): 221 Calories; 19g Fat (70.8% calories from fat); 3g Protein; 15g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 12mg Sodium. Exchanges: 1 Vegetable; 1/2 Fruit; 3 1/2 Fat; 0 Other Carbohydrates.