



FAB RECIPE – WEEK OF 12 FEBRUARY 2012

Jerk-Spiced Tilapia



YIELD: **4 servings**
PREPARATION TIME: **15 minutes**
COOKING TIME: **6 minutes**

Nutrients per Serving:

Calories: 160
Protein: 20 g
Carbohydrates: 0 g
Dietary Fiber: 1 g
Fat: 8 g
Saturated Fat: 1 g
Sodium: 242 mg
Cholesterol: 50 mg

Ingredients

- 1 tsp / 5 ml thyme
- 1 tsp / 5 ml chili powder
- 2 cloves garlic, pressed
- 1 tsp / 5 ml ground ginger
- ½ tsp / 2.5 ml nutmeg
- ½ tsp / 2.5 ml cinnamon
- 1 jalapeno pepper, cored, seeded and finely chopped
- 1 tsp / 5 ml freshly ground black pepper
- Pinch of sea salt
- 1 Tbsp / 15 ml lime juice
- 2 Tbsp / 30 ml olive oil
- ½ tsp / 2.5 ml ground cloves
- 4 tilapia filets

Preparation

1. Combine herbs and spices in a small bowl and mix well.
2. Coat tilapia filets with olive oil. Pat both sides with spices.
3. Sauté each filet until just cooked through, about 3 minutes on each side. Do not overcook!
4. Serve this dish with Brown Rice and steamed asparagus.

Source: www.eatcleandiet.com