



Blackened Tilapia with Zucchini Noodles

★★★★★

I love quick and bright meals like this one-skillet wonder. The way it tastes, you'd think it takes a lot more effort, but it goes from prep to dinner table in half an hour. The recipe works well with any light fish, or even shrimp. —Tammy Brownlow, Dallas, Texas

TOTAL TIME: Prep/Total Time: 30 min.

YIELD: 4 servings.

Ingredients

2 large zucchini (about 1-1/2 pounds)

1-1/2 teaspoons ground cumin

3/4 teaspoon salt, divided

1/2 teaspoon smoked paprika

1/2 teaspoon pepper

1/4 tsp garlic powder

4 tilapia fillets (6 ounces each)

2 teaspoons 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, 1/2 teaspoon salt, smoked paprika, pepper and garlic powder; sprinkle 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 a fork, 2-3 minutes per side. Remove from pan; keep warm.

3. In same pan, cook zucchini with garlic over medium-high heat until slightly softened, 1-2 minutes, tossing constantly with tongs (do not overcook). Sprinkle with remaining salt. Serve with tilapia and pico de gallo.

Nutrition Facts

1 serving: 203 calories, 4g fat (1g saturated fat), 83mg cholesterol, 522mg sodium, 8g carbohydrate (5g sugars, 2g fiber), 34g protein. **Diabetic Exchanges:** 5 lean meat, 1 vegetable, 1/2 fat.

© 2020 RDA Enthusiast Brands, LLC