

Tilapia with Quinoa & Black Beans

Yields: Five 2 unit portions
Four 3 unit portions
Three 4 unit portions
Two 5 unit portions

Ingredients:

1 c. dry Quinoa
1 c. canned Black Beans, drained & rinsed
1 c. Roma tomatoes, chopped
1 c. Zucchini, chopped
3 Tbsp. Olive Oil, divided
2 Tbsp. fresh lemon juice
1 tsp. Smoked Paprika
Pinch Kosher salt (to taste)
Pinch Black pepper (to taste)
4 4 oz. Tilapia (or any other mild flakey fish) fillets (1 lb. total)
1/3 c. green onions, sliced

Directions:

Step 1: Cook Quinoa as directed on package.

Step 2: In a large skillet, add 1 tbsp. of the olive oil and heat on med-high heat. Add the beans, chopped vegetables, lemon juice, and paprika. Cook for about 5 minutes, or until vegetables are tender, but not mushy. Remove from skillet to a serving dish.

Step 3: Using the same skillet, add remaining 2 Tbsp. Olive oil and re-heat skillet on med-high. Add the fish fillets; cook fish until browned; about 4 - 5 min. Don't flip fish. Use a fork to check to see if fish flakes.

Step 4: Portion out vegetable mixture & Quinoa onto each person's plate as directed on your sheet. Place your individual portion of fish over-top of vegetable & Quinoa mixture. Sprinkle with the sliced green onions. You may squeeze a slice of lemon over top if you desire.