



Tilapia with Tomatillo Salsa

- 15 oz. Can Black Beans
- ¼ lb. Tomatillos (diced)
- ¼ Small Red Onion (chopped)
- 1 Lime (juiced)
- ½ Bunch Cilantro (chopped)
- 1 tsp. Chili Powder
- 1 tsp. Cayenne
- 2 tsp. Lemon Pepper
- 1 tsp. Cumin
- 1 tsp. Oregano
- 3 tbsp. Extra Virgin Olive Oil
- 2 Tilapia Filets

Preparation:

In a mixing bowl, combine beans, tomatillos, mango, red onion, lime juice, cilantro and sea salt.

Make a spice mixture out of chili powder, cayenne, lemon pepper, cumin and oregano. Rub both sides of tilapia and cook in oil for 2 minutes on each side over high heat (do not put in fish until oil is hot) Top with salsa and enjoy immediately.

(NOTE: Prep times can vary by equipment. Be sure to check that meat is fully cooked.)

