

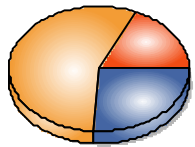


Spiced Tilapia with Fresh Pear and Pecan Salad

By: Adapted from Chris Carmichael Fitness Cooking by DrJez LLC

Recipe grams: 736.23g/26.0oz

Serves 2 368.11g/13.0oz per serving



Protein: 25%
Carbohydrates: 47%
Fat: 28%

INGREDIENTS

2 Fillet Tilapia
1 tbsp BASIL, DRIED, LEAVES
4 dates DATE, JEDJOL
1 large ONION, SPRING OR SCALLIONS, RAW
2 cups JUST LETTUCE SALAD MIX
1 dash PEPPER, BLACK, GROUND
2 tbsp PECAN, DRIED, RAW
1 dash SALT, TABLE
1 tbsp OLIVE OIL, EXTRA VIRGIN
1 tsp FIVE-SPICE
1 tsp SPLENDA BROWN
4 cups SPINACH, RAW
10 grams VINEGAR, RICE
1 pear PEAR, RAW

DIRECTIONS

Sprinkle Five Spice seasoning over fish. Rub in. Preheat broiler. Place fish on a baking sheet lightly sprayed with cooking spray and roast fish gently for about 5 minutes or until flaky. (It is a tender fish and will cook quickly.)

Combine greens, dates, onions, chopped.

Combine Vinegar, olive oil salt and pepper.

Slice pears into wedges.

Heat splenda brown sugar in small saucepan. Add about 1 tsp water and warm gently over medium heat until dissolved. Coat pears and pecans in mixture. and add to greens. Toss with dressing.

Nutrition Facts

Serving Size: 1 serving (368.1g)

Servings: 1

Amount Per Serving

Calories 460 Calories from Fat 140

% Daily Value*

Total Fat 15g **25%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 135mg **6%**

Total Carbohydrate 58g **20%**

Dietary Fiber 9g **35%**

Sugars 42g

Protein 31g

Vitamin A 130% • Vitamin C 50%

Calcium 25% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.