

TILAPIA WITH JICAMA SLAW AND BLACK BEANS



Ingredients

Servings: 12

For the slaw

- 12 ounces jicama, peeled, julienned
- 12 ounces red cabbage, julienned
- 3 cups tomatoes, diced
- 1 cup fresh cilantro, chopped
- 1 tablespoon garlic, minced
- 1/2 cup lime juice
- 4 tablespoons olive oil
- 3/4 cup scallion, chopped
- 2 tablespoons jalapeno, minced
- 6 cups canned black beans, drained and rinsed
- 1/2 teaspoon kosher salt
- 6 tablespoons Tomato Salsa (see recipe)
- 6 tablespoons low-fat sour cream
- 12 tilapia fillets, 3 to 5 ounces
- 1 1/2 tablespoons Mexican seasoning, salt-free
- 1/2 tablespoon ground cinnamon
- 1/8 teaspoon kosher salt

Side dishes

- Black Beans (from recipe)
- Jicama Slaw (from recipe)

For the salsa

- 1 1/2 pounds fresh Roma tomatoes
- 1 onion, quartered
- 1 jalapeno
- 1/4 teaspoon garlic, minced
- 1/2 cup fresh cilantro, chopped
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 tablespoon lemon juice

For the slaw

- Heat the oven to 350 F.
- Mix the jicama, red cabbage, tomatoes, cilantro, garlic, lime juice, olive oil, chopped scallion, jalapeno and black beans in a bowl. Season with 1/2 teaspoon of salt and set aside cold for service.
- Prepare the tomato salsa according to the recipe.
- Mix the sour cream and tomato salsa in a bowl. Set aside cold for service.
- Rinse the fish fillets and pat dry. Mix the Mexican seasoning blend, cinnamon and 1/8 teaspoon salt. Sprinkle the spice blend on both sides of the fish fillets. Place the fillets on a sheet pan and bake in the heated oven until cooked through, about 10 minutes. Or you can sear the fish in a hot pan.
- Serve the salad topped with the tilapia and 1 tablespoon of the salsa-sour cream mixture.

For the salsa

- Place the tomatoes, onion and jalapeno on the grill or under a broiler. Turn the vegetables to char evenly. Place the cooked vegetables in a blender or food processor, and then add the garlic, cilantro, salt, black pepper and lemon juice. Puree to desired consistency. Store covered in the refrigerator.

