Dinner Tonight!

Grilled Tilapia Burgers

2 tilapia filets, cut in half horizontally
2 Tablespoons extra virgin olive oil
1 teaspoon garlic powder
1 teaspoon onion powder
4 whole wheat hamburger buns

1 cup prepared coleslaw mix with dressing included
1 teaspoon sea salt and cracked black pepper to taste
1/2 cup crushed pineapple, drained

Preheat non-stick skillet to medium-low heat until hot. Pour extra virgin olive oil into a shallow dish. Dip tilapia halves into extra virgin oil and coat with seasoning mixture. Evenly place tilapia halves on non-stick skillet and grill on each side for 5 minutes or until fish flakes easily with a fork. While fish is grilling, prepare coleslaw as directed on the package. Add 1/2 cup of crushed pineapple to prepared coleslaw and mix well. Once fish flakes easily with a fork, place each half on a whole wheat bun and top with coleslaw mixture; serve immediately and refrigerate any leftover salad mixture.

Preparation Time: 20 minutes
Serves: 4
Cost per serving: $1.34

Nutrition facts per serving
Calories: 280
Total Fat: 12 g
Cholesterol: 30 mg
Sodium: 390 mg
Total Carbohydrate: 29 g
Protein: 16 g

Serve with: carrot and celery french fry sticks