

Grilled Tilapia Burgers

Makes 4 Servings

Ingredients:

- 2 (8 ounce) tilapia filets cut in half horizontally
- 2 tablespoons extra virgin olive oil
- 1 teaspoon garlic powder
- 4 whole-wheat hamburger buns
- 1 cup coleslaw mix with dressing included
- 1/2 cup crushed pineapple drained
- 1/4 teaspoon pepper
- 1/4 teaspoon sea salt

Directions:

1. Spray a non stick skillet with non-stick spray and heat.
2. Place tilapia in the skillet and sprinkle with onion powder, cracked pepper, and sea salt and grill. Grill on each side for about 5 minutes, and after flipping the first time, sprinkle the opposite side with onion powder, garlic powder, cracked pepper, and sea salt. To test doneness, ensure that fish flakes easily.
3. While tilapia is cooking, combine coleslaw mix, dressing, and crushed pineapple in a medium sized bowl. Mix until combined.
4. Top half of whole wheat hamburger bun with one cooked tilapia filet, and 1/4th prepared pineapple coleslaw and other half of hamburger.

Nutrition Facts	
4 servings per container	
Serving size	(213g)
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 460mg	20%
Total Carbohydrate 30g	11%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 4mcg	20%
Calcium 72mg	6%
Iron 2mg	10%
Potassium 515mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Family Conversation Starter:

Name three things you are thankful for today.

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