Sustainable Tilapia with Quinoa Kale Salad

Serves 6

Recipe Ingredients

| 6 each | Tilapia filets, boneless, raw 5–7 oz. each |
| 1 cup  | Seasoned flour (see sub-recipe) |
| 3 oz.  | Fresh pink grapefruit cut into bite size chunks |
| 3 oz.  | Kale, shredded |
| 1 ¼ cup| Homemade Greek dressing (see sub-recipe) |

Seasoned Flour Ingredients

- 1 cup Flour, all purpose
- ¼ tsp. Lawry's seasoned salt
- ¼ tsp. Salt
- ¼ tsp. Pepper
- Pinch Garlic powder
- Pinch Corn starch
- 1 ½ cup Quinoa with fresh herbs (see sub-recipe)

Mix ingredients into flour.

Homemade Greek Dressing Ingredients

- 4 Tbsp. Olive oil
- 1 tsp. Garlic, chopped
- Pinch Sugar
- 2 ½ tsp. Lime juice
- 2 Tbsp. Plain nonfat Greek yogurt
- 2 tsp. Dijon mustard
- 2 tsp. Red wine vinegar
- ½ tsp. Oregano
- ½ tsp. Parsley
- ½ tsp. Thyme
- Pinch Pepper
- ¼ tsp. Salt

In a medium bowl whisk all ingredients together and chill in refrigerator.

Quinoa Ingredients

- ½ cup Quinoa
- 1 cup Vegetable broth
- 1 tsp. Lime juice
- 1 tsp. Olive oil
- 1 tsp. Lemon juice
- 1 Tbsp. Basil, fresh, chopped
- 1 tsp. Parsley, chopped
- ½ tsp. Thyme
- Pinch Sea salt
- Pinch Pepper

Bring vegetable broth to a boil add quinoa, salt and pepper and simmer covered for 25 minutes. Remove and bring to room temperature.

Prepare herbed quinoa and Greek dressing and set aside.

Prepare seasoned flour mixture.

Season fish with flour mixture and grill in a pan with 2 Tbsp. olive oil until golden brown.

Shred kale into small pieces, chop grapefruit and mix into room temperature herbed quinoa.

Serve fish with quinoa on top of it and garnish with Greek dressing.