



# Grilled Tilapia Burgers

**Prep Time:** 20 minutes

**Cook Time:** 10 minutes

**Cost per serving:** \$1.29

## What you need:

### Utensils:

- Knife & cutting board
- Measuring cups & spoons
- 3 small mixing bowls
- Skillet
- Mixing spoon

### Ingredients:

- 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
- 4 leaves of romaine lettuce
- 1 sliced tomato
- salt and pepper to taste

### Dressing Mixture (optional):

- ½ cup light ranch-style dressing
- 2 tablespoons lime juice
- 1 teaspoon chili powder
- ¼ teaspoon pepper

### What to do:

1. Wash your hands and clean your cooking area.
2. Mix garlic powder, onion powder, salt, and pepper in small bowl to form seasoning mixture.
3. Preheat non-stick skillet to medium-low heat until hot.
4. Pour extra virgin olive oil into a shallow dish.
5. Dip tilapia halves into extra virgin oil and coat with seasoning mixture.
6. Evenly place tilapia halves on non-stick skillet and cook on each side for 5 minutes or until fish flakes easily with a fork.
7. While fish is cooking, prepare dressing mixture by combining all ingredients into a bowl and mixing.
8. Once fish flakes easily with a fork, place each half on a whole wheat bun and top with one romaine lettuce leaf, one slice of tomato and dressing mixture (optional).
9. Serve immediately and refrigerate any leftover dressing.



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FOR TEXANS

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Nutrition Facts	
Serving Size 1 tilapia burger	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 240	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 200mg	<b>8%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 4g	
<b>Protein</b> 15g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 8%