

Cucumber

FRESH TILAPIA TOSTADAS

Ingredients:

- Non-stick cooking spray
- 8 corn tortillas
- 1 lb tilapia fillets
- 1 Tbsp garlic powder
- 1 avocado, diced
- 1 medium tomato, diced
- 1 poblano pepper, diced
- 1 medium cucumber, diced
- 1 small red onion, finely diced
- 1/4 cup minced fresh cilantro
- 1 lime, juiced
- 1/2 cup crumbled feta cheese

30 Min | Serves 4

Nutrition Facts

4 servings per recipe
Serving size (364g)

Amount per serving
Calories 360

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 260mg	11%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 4mcg	20%
Calcium 170mg	15%
Iron 2mg	10%
Potassium 922mg	20%

* The % Daily Value (DV) 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.

Preparation:

1. Preheat oven to 350°F.
2. Lightly coat a large baking sheet with cooking spray & spread tortillas evenly over baking sheet. Lightly coat again with cooking spray.
3. Lightly coat a medium baking sheet with cooking spray. Spread fish evenly on baking sheet & sprinkle with garlic powder.
4. Bake both tortillas & fish 10-15 minutes or until fish flakes easily with a fork & tortillas are crispy.
5. Meanwhile, in a large bowl, add avocado, tomato, poblano pepper, cucumber, onion, cilantro & lime juice. Mix well. Use a fork to flake tilapia into vegetables. Mix well. Let mixture marinate 10 minutes.
6. Spoon tilapia & vegetables over tostadas, dividing evenly. Top with cheese & serve.

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CUCUMBER

In Season

June - July & September - October

How to Select

Choose firm, bright-green cucumbers that are free of yellow or brown spots.

How to Store

Store unwashed cucumbers wrapped in a paper towel in a zip-close bag up to 1 week. Do not store near air vent as cucumbers are very sensitive to cool temperatures.

Helpful Tip

Enjoy cucumbers with the skin on for more fiber, vitamins & minerals.



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