

Grilled Fish Taco Filling

Makes 6 servings

POINTS® value | 2 per serving

Ingredients

- 1 1/2 pounds tilapia fillets
- 1/2 cup unsweetened canned pineapple juice
- 2 medium garlic cloves, minced
- 1 tsp dried oregano or 2 tsp minced oregano leaves
- 1 tsp onion powder
- 1/2 tsp ground cumin
- 1/2 tsp red pepper flakes
- Cooking spray

Instructions

1. Place the fillets in a large baking pan. Whisk the pineapple juice, garlic, oregano, onion powder, cumin and red pepper flakes in a small bowl. Pour over the fish, refrigerate and marinate for 30 minutes, turning once.
2. Spray the grate of the grill with nonstick spray. Prepare the grill for direct, high-heat cooking.
3. Place the fillets on the grate directly over the heat. Grill, turning once, until firm and no longer translucent, 4 to 5 minutes. Transfer the fillets to a serving platter, slicing them into smaller pieces.
4. Meanwhile, place the pineapple marinade in a small saucepan and bring to a boil over high heat. Cook for 1 minute to kill off bacteria. Use this sauce as a dressing for the fillets in the tacos (or even on their own).

- Serving size: 3 oz tilapia and 1 Tbsp dressing.