



Tilapia Chopped Salad

with Homemade Southwestern Dressing



*Eat well.
Live well.*

***Soy-Free. DF. GF. Sugar-Free. Nut-Free.**
***Vegan. *Vegetarian. *Paleo. *Keto.**
***Good for ALL Blood-Types**

What you'll need:

- 2 filets of Tilapia*
- 2 cups spinach, chopped
- 2 cups Lacinato kale, chopped w/o stems
- 2 cups iceberg, chopped
- 1/2 cup frozen peas
- 1 avocado, cubed*
- 2 hard shell corn tortillas
- Hot sauce of your choice

Tilapia Spice Blend:

- 1/4 tsp garlic powder
- 1/8 tsp cumin powder
- 1/8 tsp turmeric powder
- Dash of black pepper

Southwestern Dressing:

- 3 tbsp mayonnaise*
- 2 tbsp canola oil*
- 1 tsp apple cider vinegar
- 1/2 lemon, squeezed
- 1/4 tsp chipotle chili powder*
- 1/16 tsp garlic powder
- 1/16 tsp onion powder
- 1/16 tsp cumin powder
- 1/16 tsp sea salt
- Dash of black pepper

See foot notes for items marked with*

NOTE: For the most health-conscious version, use as many organic ingredients as possible. Most important in this recipe are: Spinach, Kale, Iceberg, and Peas.

PREP: 10 minutes COOK: 20 minutes SERVES: 2-4 (2 large salads or 4 small)

- 1) Prep the spinach, kale, and iceberg. Place in a large bowl and set aside.
- 2) Chop the avocado and set aside.
- 3) Add all the dressing ingredients together in a small bowl and whisk until frothy. Place in the refrigerator until needed.
- 4) Prep the tilapia spice blend.
- 5) Place tilapia in fry pan. Drizzle or spray with a light coat of oil. Sprinkle the spice blend, on each side, of each piece of tilapia.
- 6) Cook tilapia on medium heat for 3-5 minutes on each side. *Note: the thicker the tilapia filet is, the longer time you will need.*
- 7) When the tilapia starts to brown, drizzle or spray with a little more oil and turn heat up to medium-high.
- 8) Break up the tilapia into small chunks and cook until the tilapia pieces are golden brown. Take off the heat and set aside to cool down.
- 9) Place corn tortillas in the oven on broil for about 1 min. Leave oven door open so you can see it turn brown, making sure not to burn them. After you pull them out, break them up.
- 10) Toss the salad with the amount of dressing you desire and spread salad on plates.
- 11) Sprinkle salad with avocado, peas, and tortilla pieces. Then top it off with the tilapia pieces and drizzle with hot sauce if you desire an extra punch!



Soy-Free: must use a 'soy-free' mayonnaise because most commercial mayonnaises are made with soybean oil. Our favorite is soy-free Veganaise.

Vegan: Replace the Tilapia with a Vegan protein of your choice, or just enjoy the salad. You must also use a Vegan mayonnaise. Our favorite brand for flavor is Veganaise. Use the soy-free version if you want this recipe to stay soy-free.

Vegetarian: If you are a vegetarian who won't consume fish, either replace it with a vegetarian protein or leave it out and enjoy the salad.

Paleo & Keto: Leave off the corn tortillas, or find a substitute crunch that works with your regimen.

Blood Types:

·No chili powder for **A** blood type— just leave it out or replace it with Paprika.

·No canola oil for **B** blood type – replace it with olive oil.

·No avocado or corn tortilla for **O, B, or AB** – if you are on a strict blood type cleanse. It's okay in small amounts if used in moderation and you aren't trying to rid of chronic health problems.

·NO Veganaise or Black Pepper for **ANY** blood type. It's okay in small amounts if used in moderation and you aren't trying to rid of chronic health problems. If you are on a strict cleanse, we recommend making the dressing without the Veganaise or Mayo if you need the recipe to stay Soy-Free, and don't add the black pepper.