**Mediterranean Quinoa with Lemon Pepper Tilapia**

Serves 4. Total time 30 minutes + 2 hours to chill salad.

**Mediterranean Quinoa**

Make the salad ahead of time and cook the fish just before serving. This salad is also delicious with cooked chicken, navy beans, or tofu.

1 cup uncooked quinoa  
2 cups water  
1/3 cup red wine vinegar  
1 T. olive oil  
1 garlic clove, minced  
1/2 tsp. salt  
black pepper to taste  

| 1 green pepper, chopped (1-1/2 cups) | 1 red pepper, chopped (1-1/2 cups) | 1/2 cup chopped cucumber | 1/2 cup sliced black olives | 1/4 cup chopped red onion | 1/4 cup chopped parsley |

**Directions:**

1. Place quinoa in a fine strainer and hold under running water to remove any powdery residue. If you don’t have a fine strainer, layer 2 heavy duty paper towels in the bottom of your colander so the quinoa does not fall through the holes. Combine quinoa with 2 cups of water in a medium saucepan. Bring to a boil over high heat, lower to medium heat, cover, and simmer for about 15 minutes until the grains are translucent and the germ has spiraled out from each grain. Let cool.

2. Combine the vinegar, olive oil, garlic, salt, and pepper in a jar with a tight fitting lid; shake to combine. Combine the dressing with the quinoa and remaining ingredients. Chill at least 2 hours.

**Lemon Pepper Tilapia**

1 lb. white fish fillets, such as tilapia, or catfish  
Lemon pepper seasoning

**Directions:**

1. Preheat oven to 400°F. Place fish in a baking dish coated with nonstick cooking spray. Season with lemon pepper. Bake for about 10 minutes or until fish is opaque and flakes easily with a fork.

**Total Meal Nutrition Information (per 1/4 of each recipe):** 385 calories, 28 g protein, 14 g fat, 2 g saturated fat, 37 g carbohydrate, 4 g fiber, 68 mg cholesterol, 267 mg sodium

1 serving equals: 1 whole grain, 1 protein/dairy, 2 vegetable, 1 fat


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**Shopping List**

**Produce Section**
- 1 green pepper (1-½ cups chopped)
- 1 red pepper (1-½ cups chopped)
- ½ cup chopped cucumber
- ¼ cup sliced black olives
- ¼ cup chopped red onion
- ¼ cup chopped parsley

**Dry Goods Section**
- 1 cup uncooked quinoa (see tip #1)
- 1/3 cup red wine vinegar
- 1 T. olive oil
- 1 garlic clove, minced
- lemon pepper seasoning

**Meat/Dairy Section**
- 1 lb. white fish fillets, such as tilapia or catfish

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**Smart Shopper Tip #1**

Quinoa (pronounced KEEN-wa) is a type of whole grain. Look for it with the rice and other grains. It has a delicious mild yet nutty flavor and is a good source of iron, fiber, and protein. It is a great choice for weeknight dinners because it cooks in only 20 minutes.