

Broiled Tilapia Gyros

Servings: 2

From www.myrecipes.com/recipe/broiled-tilapia-gyros-50400000107430/

Ingredients

Fish:

1/2 lb tilapia fillets
1 teaspoon olive oil
1/4 teaspoon freshly ground black pepper
1/8 teaspoon salt
Cooking spray

Tzatziki:

6 oz container plain Greek yogurt
1/4 teaspoon dried dill
3/4 teaspoon lemon juice
1/4 teaspoon freshly ground black pepper
1/8 teaspoon salt

1 teaspoon minced garlic

Remaining ingredients:

2 pitas or flatbread
1/4 red onion, vertically sliced
1 ripe avocado, peeled and cut into thin slices
1 Roma (plum) tomato, thinly sliced
1/2 cucumber, thinly sliced

Preparation

- 1) Preheat broiler.
- 2) To prepare fish, brush fish with oil; sprinkle with pepper and salt. Place fish on a broiler pan coated with cooking spray. Broil 6 minutes or until fish flakes easily when tested with a fork or desired degree of doneness.
- 3) To prepare tzatziki, combine yogurt and next 5 ingredients (through garlic) in a food processor or blender; pulse until smooth.
- 4) Spread 2 tablespoons tzatziki in the center of each flatbread/pita. Divide fish evenly among flatbreads. Top each serving with onion, avocado, tomato, and cucumber slices; (fold in half if flatbread) and serve.

Black-Eyed Pea Salad

Servings: 4

From <http://www.myrecipes.com/recipe/black-eyed-pea-salad-10000000635616/>

Ingredients

1/2 cucumber, diced

1/2 red onion, diced
2 roma tomatoes, chopped
1/2 small serrano chile, minced
15 oz can black-eyed peas, rinsed and drained
2 Tbsp chopped fresh cilantro
1/4 tsp salt
1/2 tsp freshly ground pepper
1 Tbsp lemon juice

Preparation

- 1) Peel cucumber and cut in half lengthwise; scrape out seeds with a spoon and discard. Dice cucumber and put in a large bowl.
- 2) Add onion, tomatoes, chile, black-eyed peas, cilantro, salt, and pepper to cucumber. Mix well.
- 3) Up to 30 minutes before serving, mix in lemon juice.