



## **Mediterranean Style Tilapia**

**30g protein tilapia**  
**roasted red peppers**  
**black olives**  
**frozen artichoke hearts**

Spray pan with PAM or olive oil spray  
Season tilapia with lemon and lime pepper  
In a separate pan, sauté the peppers, olives and artichoke hearts together till warm  
Serve together

\*if your diet allows it, a bit of fat free feta cheese in with this is very good!