



# Tilapia Taco Salad with Dill Pickle and Cream

**30**  
minutes  
or less

## INGREDIENTS

1 (6.2-oz.) pkg. taco salad shells, (4 ct.)  
¼ cup Hy-Vee mayonnaise  
2 tbsp Hy-Vee kosher dill pickles, finely chopped, plus additional 1 Tbsp. brine  
1 tbsp Gustare Vita capers, drained  
2 tbsp fresh lime juice, divided  
½ tsp coarse-ground black pepper  
2 ripe avocados, seeded, peeled, and chopped  
1 cup cherry tomatoes, halved  
½ cup fresh cilantro, plus additional for garnish  
4 (4- to 6-oz.) fresh Rainforest tilapia fillets  
1 (1.25-oz.) Hy-Vee 25% less sodium taco seasoning packet

## PREPARATION

- 1** Preheat oven to 350°. Shape and bake taco shells according to packaged directions.
- 2** Preheat a charcoal or gas grill for indirect cooking over medium-high heat (375°). Spray a large grill basket or grill screen with nonstick spray; set aside.
- 3** Stir together mayonnaise, chopped pickles and brine, capers, 1 tablespoon lime juice, and black pepper in a small bowl; set aside.
- 4** Combine avocados, tomatoes, ½ cup cilantro, and remaining 1 tablespoon lime juice in another small bowl; set aside.
- 5** Pat tilapia dry with paper towels; sprinkle both sides evenly with taco seasoning. Place in grill basket or on grill screen. Grill 6 to 9 minutes or until fish reaches 145°, turning halfway through. Transfer tilapia to a cutting board; flake into large pieces.
- 6** Divide romaine, tilapia, and avocado mixture evenly among tortilla bowls. Drizzle with mayonnaise mixture. Garnish with additional cilantro, if desired.

## NUTRITION FACTS

Calories: 520  
Total Fat: 33g  
Saturated Fat: 6g  
Trans Fat: 0g  
Cholesterol: 65mg

Sodium: 770mg  
Carbohydrates: 33g  
Fiber: 10g  
Sugar: 6g  
Protein: 27g