

## GAS PREVENTION DIET

### TILAPIA WITH AVOCADO CILANTRO SAUCE

1 avocado  
1 cup cilantro, chopped  
2 Tbs. lime juice from 1-2 limes  
½ tsp. kosher salt, divided  
4 tilapia or other white fish filets (about 1 ½ lbs.)  
Freshly ground black pepper  
2 Tbs. extra-virgin olive oil  
4 cups finely shredded romaine  
1 cup cherry or grape tomatoes, quartered  
Lightly salted tortilla chips

#### Step 1

Combine avocado, cilantro, lime juice and ¼ tsp. salt in a small food processor. Blend until smooth.

#### Step 2

Season tilapia with pepper and remaining ¼ tsp. salt. Heat oil in a large, non-stick pan over medium heat. Saute fish until lightly golden on one side, about 3 minutes. Gently turn fish over and sauté until just cooked, 1 to 3 minutes, more depending on thickness of fish.

#### Step 3

Divide fish among four plates. Top with avocado mixture and garnish with tomatoes and lettuce. Serve with tortilla chips.

Serves 4.