



Grilled Tilapia Sandwich with Lemon-Dill Spread

Prep: 15 minutes

Grill: 6 minutes • Serves: 4

- ½ cup light mayonnaise
- 2 tablespoons Dijon mustard
- 1 tablespoon fresh lemon juice
- 2 teaspoons chopped fresh dill fronds
- 1½ teaspoons Creole or Cajun seasoning
- 1 teaspoon lemon zest
- 4 tilapia fillets (about 1¼ pounds)
- Nonstick cooking spray
- 4 onion buns or mini sub buns
- 1 cup baby spinach leaves or baby arugula
- 2 medium Roma tomatoes, thinly sliced

1. Prepare outdoor grill for direct grilling over medium heat. In small bowl, stir mayonnaise, mustard, lemon juice, dill, ½ teaspoon Creole seasoning and lemon zest until well combined; cover and refrigerate until ready to serve.

2. Sprinkle both sides of tilapia with remaining 1 teaspoon Creole seasoning and spray with nonstick cooking spray. Place tilapia on hot grill rack and cook 6 to 8 minutes or until tilapia turns opaque throughout and internal temperature reaches 145°, turning once halfway through cooking. Place buns, cut side down, on grill and cook 1 minute or until toasted.

3. Spread about 2 tablespoons mayonnaise mixture on cut sides of each bun. Fill buns with tilapia, spinach and tomato slices to serve.

Approximate nutritional values per serving:

*401 Calories, 8g Fat (1g Saturated), 71mg Cholesterol,
775mg Sodium, 47g Carbohydrates, 2g Fiber, 32g Protein*