Tilapia or Chicken Salad

Serves 4

1 lb fresh tilapia fillets, or 1 lb boneless chicken breasts

1 tbsp cooking fat

1 medium onion, chopped

4 cloves garlic, minced

1 or 2 jalapeño pepper(s), finely chopped

2 cups tomatoes, diced

¼ cup fresh cilantro, finely chopped

3 tbsp lime juice

Sea salt and freshly cracked black pepper to taste

1 large jicama, peeled and julienned

1 large avocado, peeled, pit removed and cut into small pieces

¼ red onion, finely diced

1 tbsp fresh cilantro, finely chopped

Juice of 1 lime

Sea salt & ground black pepper to taste

12 romaine lettuce leaves

* Fish Taco Salad:
* In a large skillet over a medium-high heat, combine the cooking fat with the garlic and onions. Cook for about 5 minutes, until the onions are soft and translucent in color.
* Add the tilapia fillets to the skillet. Allow the fillets to cook for 3 to 4 minutes on one side prior to flipping. As the fish begins to cook through, use a fork to break it apart into flaky pieces.
* Add the Jalapeño pepper, tomatoes, cilantro and lime juice to the mix and then season with salt and pepper to taste. Cook for 5 minutes before removing from heat.
* Chicken Taco Salad:
* Season the chicken breasts with salt and pepper on each side.
* Heat a large skillet over medium heat with the cooking fat, once hot add the chicken.
* Cook 6-8 minutes each side, until no longer pink in the center.
* Transfer to a plate and let cool.
* Once cool enough to handle, shred chicken and set aside.
* In the same skillet over medium heat, combine 1 tbsp cooking fat with the garlic and onions. Cook for about 5 minutes, until the onions are soft and translucent in color.
* Add the shredded chicken, jalapeño pepper, tomatoes, cilantro and lime juice to the mix and then season with salt and pepper to taste. Cook for 5 minutes before removing from heat.
* Jicama Slaw:
* Simply combine off the ingredients into a bowl and gently stir to combine.
* To Serve: Tear lettuce in to pieces, place in bowl top with slaw then chicken or fish.