baked tilapia with tomatoes

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1. Preheat oven to 400°F.
2. Spray baking dish with vegetable oil spray.
3. Arrange fillets in the baking dish. The dish should be large enough so the fillets do no overlap.
4. Mix remaining ingredients in a bowl.
5. Spoon the tomatoes mixture evenly over the fillets.
6. Bake uncovered 15 to 20 minutes or until the fish flakes easily with a fork.
7. Garnish with parsley and a lemon wedge.

Yield 4 servings, Serving Size 1 fillet, Calories 265, Total Fat 16g, Saturated Fat 2g, Cholesterol 58mg, Sodium 172 mg, Total Fiber 3g, Protein 22g, Carbohydrates 9g, Potassium 635 mg