

baked tilapia with tomatoes

Ingredients

nonstick vegetable oil spray

4 tilapia fillets

4 medium tomatoes, peeled
and chopped

2 tablespoons olive oil

1½ teaspoons thyme

¼ cup pitted black olives,
diced

¼ teaspoon red pepper flakes

2 cloves garlic, minced

½ cup red onion, diced

1 tablespoon lime juice

parsley and lemon wedges
for garnish



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 not 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



National Heart, Lung,
and Blood Institute