

Baked Tilapia with Tomatoes

Ingredients

- Nonstick vegetable oil spray
- 4 tilapia fillets
- 4 medium tomatoes, peeled and chopped
- 2 tablespoons olive oil
- 1 ½ 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



Directions

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 tomato 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.

Nutrition Facts

4 servings per container	
Serving size	1 Filet
Amount Per Serving	
Calories	260
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Cholesterol 60mg	19%
Sodium 170mg	7%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 22g	44%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.