

TILAPIA PUTTANESCA



INGREDIENTS

9 1/2 lb	Tilapia
25 oz	Red onion (sliced)
2 1/4 oz	Olive oil
4 2/3 tsp	Garlic cloves (minced)
3 1/8 lb	Fire roasted tomatoes (canned, diced)
3 Tbs	Oregano (dried)
1 1/8 tsp	Red chili pepper flakes
9 1/2 oz	Calamata olives
6 Tbs	Parsley (fresh, chopped)
3 1/4 Tbs	Capers
4 3/4 qt	Brown rice
3 qt	Mixed vegetables (frozen)

(See back)

INSTRUCTIONS

1. Prepare brown rice according to package directions. Set aside and keep warm for serving.
2. Prepare frozen vegetables according to package directions. Set aside and keep warm for serving.
3. Heat a pan with olive oil on medium heat. Add onions and sauté until tender, stirring occasionally.
4. Stir in garlic, undrained tomatoes, oregano, and crushed red pepper.
5. Bring to a boil and reduce heat. Simmer uncovered for 5 minutes.
6. Add olives to sauce and simmer for 10 additional minutes.
7. Lay out the fish on a pan sprayed with non-stick spray.
8. Bake at 350°F or until internal temperature reaches 150°F.
9. For each individual portion, spoon sauce over fish. Serve with 3/4 cup of brown rice and 1/2 cup of mixed vegetables.

NUTRITION

Calories:	470
Sodium:	450 mg
Trans Fat:	0 g
% Calories from	
Saturated Fat:	5%

