

CO-OP MEALS
Dinner in 30

Tomato-Roasted Tilapia

Adapted from Nutrition Action Healthletter
Serves 2 as a main dish

Shopping List:

- 1 pound tilapia fillets
- 1 large or 2 small heirloom tomatoes
- Thyme or other fresh herb

Pantry items:

- 2 tablespoons olive oil
- 2 tablespoons mayonnaise
- ½ teaspoon paprika
- ½ teaspoon kosher salt

Prep:

Thinly slice the tomatoes and pat dry the fish. If serving with a grain or pasta, put on water to boil.

Preheat oven to 450°F. Set a rack 4-6 inches from the top of the oven.

Cook:

Pat dry the fish with paper towels and place in a glass or metal rimmed baking sheet.

In a small bowl, combine the oil, mayonnaise, paprika, and salt. Whisk to combine and spread over the fish. Arrange tomato slices on top of the fish and add any fresh herbs.

Switch to a low-broil setting (550°F) on the oven. Once the broiler has fired, place fish on the top rack. Broil for 7-10 minutes, or until no longer translucent in the center.

Tips and Hints

From Co-op Nutrition Specialist Hannah Brilling

• Make it a meal

Serve with quinoa, farro, pasta, potatoes, or other carbohydrate of your choosing! Add one or more veggies for a lower-carb choice.

• Fun facts about fish

Fish is a lean source of protein that may contain antioxidants like selenium along with healthy fats. Fish consumption can be part of a healthy diet when combined with fruits, vegetables, whole grains, low fat dairy, and other lean protein sources.

Featured image by Monika Grabkowska on unsplash.com



CO-OP
FOOD STORES