



TILAPIA WITH VEGETABLE TOPPING

Intermediate Lifestyle

Ingredients

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| 4 (5-oz.) Lean tilapia fillets, rinsed and patted dry | 1/2 cup green pepper, seeded and finely chopped |
| Cooking spray | 1 cup tomato, chopped |
| paprika to taste | 1/2 TSP dried thyme |
| 1 TBS olive oil | 1/4 TBS fresh parsley, chopped |
| 1/2 cup onion peeled and sliced | 1/8 to 1/4 TSP hot pepper sauce (optional) |

Instructions

1. Coat a large non-stick skillet with cooking spray. Set over medium-high heat until hot.
2. Sprinkle fish fillets with paprika, then place in hot skillet and brown 4 minutes on each side. Remove to platter.
3. Add olive oil to skillet and heat. Sauté onion until golden. Add garlic, celery and green pepper and stir-fry for 4 minutes.
4. Add tomato and thyme; bring to a boil and then reduce heat. With skillet tightly covered, let simmer for another 10 minutes, or until celery is tender-crisp.
5. Remove vegetable mixture from heat, stir in parsley, salt and hot pepper sauce, and then let stand for 5 minutes to absorb flavors.
6. Place fillets back in the skillet and cover with vegetables.
7. Cover skillet and keep warm until ready to serve.

Portion-Per-Serving Information (Yields 4 servings)

Serving = 1 fish fillet + 3-4 TBS vegetable mixture = 1 P, 1 V