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DIET CENTER

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TILAPIA WITH FRESH TOMATO RELISH

Final Lifestyle

Ingredients

- 4 (6-oz.) tilapia (or whitefish or halibut fillets)
- 2 TBS olive oil, divided
- 1 TBS fresh lemon juice
- 12/ TSP Morton's Lite salt
- 1/4 TSP black pepper
- 1 large chopped seeded tomato
- 1/3 cup sliced pimiento-stuffed olives
- 2 TBS chopped fresh basil
- 1 TBS drained capers

Instructions

1. Preheat the oven (or grill) to 450°.
2. Tear 4 large (about 16" x 14") sheets of aluminum foil. Put each fillet on one half of each sheet.
3. Brush 1 TBS of the olive oil and the lemon juice evenly over fillets. Sprinkle with salt and pepper.
4. Fold half the foil over each fish fillet to make 4 rectangular packets. Fold the remaining 3 edges over several times to seal.
5. For relish: Mix together remaining 1 TBS olive oil, tomato, olives, basil and capers. Set aside.
6. Place packets on grill over medium-hot coals, or on a baking sheet in the oven. Grill covered or bake 6-10 minutes (depending on thickness of fish) or until fish is opaque in center. Carefully open packets, transfer to plates, and top with relish.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 fillet and about 1/3 cup relish = 1 P, 1 V