



Baked Tilapia and Vegetables

Recipe Courtesy Chef Bryan Woolley

- 1 cup quartered cherry or grape tomatoes
- 1 cup diced zucchini
- 1/2 cup thinly sliced red onion
- 1.5 cup frozen or fresh green beans, trimmed and cut into 1-inch pieces
- 1/4 cup pitted and coarsely chopped black olives
- 2 tablespoons lemon juice
- 1 tablespoon chopped fresh oregano
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon capers (in brine), rinsed
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1 pound tilapia fillets, cut into 4 equal portions

1. Preheat oven to 425°F.
2. Place green beans in a microwavable bowl with 1 tablespoon water. Cover and microwave on high until the beans are just beginning to cook, about 30 seconds. Drain.
3. Combine tomatoes, squash, onion, green beans, olives, lemon juice, oregano, oil, capers, 1/4 teaspoon salt and 1/4 teaspoon pepper in a large bowl.
4. To make a packet, lay two 20-inch sheets of foil on top of each other (the double layers will help protect the contents from burning); generously coat the top piece with cooking spray. Place one portion of tilapia in the center of the foil. Sprinkle with some of the remaining 1/4 teaspoon salt and pepper, then top with about 3/4 cup of the vegetable mixture.
5. Bring the short ends of the foil together, leaving enough room in the packet for steam to gather and cook the food. Fold the foil over and pinch to seal. Pinch seams together along the sides. Make sure all the seams are tightly sealed to keep steam from escaping. Repeat with more foil, cooking spray and the remaining fish, salt, pepper and vegetables.
6. Bake the packets directly on an oven rack until the tilapia is cooked through (flakey and opaque) and the vegetables are just tender, about 20 minutes.
7. To serve, carefully open both ends of the packets and allow the steam to escape. Use a spatula to slide the contents onto plates.
8. Serves 4.

Nutrition Facts

Serving Size: ¼ recipe

Calories:	190
Total Fat:	7gm
Saturated Fat:	1.5 gm
Cholesterol:	55 mg
Sodium:	460 mg
Carbohydrates:	9 gm
Dietary Fiber:	3 gm
Protein:	25 gm

Diabetic Exchanges

Protein:	3
Fat:	1.5
Carbohydrates:	0.5

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