

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Baked Tilapia with Tomatoes and Olives

Fish baked under a bright tomato, olive, garlic and thyme topping. 22 g protein a fillet.

Makes 4 servings | Serving: 1 fillet | Cost: Budget-friendly | 15 min + 20 min | 265 calories · 3 g fiber

Ingredients

- Cooking spray
- 4 tilapia fillets
- 4 medium tomatoes, peeled and chopped
- 2 tablespoons olive oil
- 1½ teaspoons thyme
- ¼ cup pitted black olives, diced
- ¼ teaspoon red pepper flakes
- 2 cloves garlic, minced
- ½ cup red onion, diced
- 1 tablespoon lime juice
- Parsley and lemon wedges for garnish

Nutrition Facts

Per serving (1 fillet)

Calories	**265**
Total Fat	16 g
Saturated Fat	2 g
Sodium	172 mg
Total Carbohydrate	9 g
Dietary Fiber	3 g
Protein	22 g
Potassium	635 mg

Method

1. Heat the oven to 400°F and coat a baking dish with cooking spray.
2. Arrange the fillets in a single layer, without overlapping.
3. Mix the remaining ingredients, except the parsley and lemon, in a bowl and spoon over the fish.
4. Bake uncovered 15-20 minutes, until the fish flakes easily.
5. Garnish with parsley and a lemon wedge.

Swaps: Works with cod or halibut, too. Serve with brown rice or whole grain bread.

Storage: Refrigerate up to 2 days.

Why it's good for you

- Fish provides lean protein.[1]
- Olive oil and olives supply healthy unsaturated fats.[2]

[1] Harvard T.H. Chan School of Public Health, The Nutrition Source: Fish, https://nutritionsource.hsph.harvard.edu/fish/ [2] Harvard T.H. Chan School of Public Health, The Nutrition Source: Types of Fat, https://nutritionsource.hsph.harvard.edu/what-should-you-eat/fats-and-cholesterol/types-of-fat/

Recipe adapted from National Heart, Lung, and Blood Institute (NIH), Healthy Eating Recipes: https://www.nhlbi.nih.gov/health/heart-healthy-living/healthy-foods/healthy-eating-recipes/baked-tilapia-tomatoes. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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