

Artichoke-Parmesan Stuffed Tilapia

Makes 4 servings (serving size: 1 fillet)

- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 4 thin (5-ounce) tilapia fillets
- 1 (6-ounce) jar water-packed marinated artichokes, drained and chopped
- 1 slice whole-grain bread, cubed
- 1 tablespoon grated Parmesan cheese
- 1/2 teaspoon dried oregano
- 2 teaspoons olive oil
- 4 teaspoons chopped fresh parsley



Preheat oven to 375°. Sprinkle salt and pepper over both sides of tilapia fillets; set aside. Combine artichokes, bread cubes, Parmesan cheese, and oregano in a medium bowl; mix well. Brush each fillet with 1/2 teaspoon olive oil; top with 1/4 of the artichoke mixture. Bake until fish pulls apart easily with a fork (about 15 minutes). Sprinkle each serving with 1 teaspoon chopped fresh parsley just before serving.

Nutritional Information

Calories: 241

Fat: 7g

Protein: 40g

Carbohydrate: 6g

Fiber: 1g

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