**Zesty Baked Tilapia**

Dinner in less than 30 minutes!

**Ingredients**

16 oz frozen tilapia fillets, thawed and patted dry

2 teaspoons ground cumin

1 teaspoon ground black pepper

1/2 can Ro-Tel tomatoes, drained

1 Tbls capers

**Directions**

Preheat oven to 400 degrees. Lay tilapia fillets

in 9 x 9-inch baking dish. Sprinkle cumin and

black pepper over fish. Add tomatoes; sprinkle

cheese on top. Bake 20 minutes or until fish

flakes easily with fork.

Add a green salad and youre set!

Makes 2 servings

Nutrition Facts:

Calories 220

Total Fat 1g

Effective Carbohydrates 3.5g

Protein 30g

