

Baked Tilapia with Coconut-Cilantro Sauce

Ingredients

Canola oil spray
Four 6-ounce pieces tilapia fillet
1/4 teaspoon kosher salt, plus more for seasoning
1/2 cup light reduced-fat coconut milk
1/2 cup cilantro leaves, plus more for garnish
1 teaspoon peeled chopped fresh ginger
1/2 teaspoon garam masala
2 garlic cloves
1/2 jalapeno pepper, seeded and chopped



Directions

Preheat the oven to 425 degrees F. Spray a 9-by-13-inch baking pan with canola oil spray. Sprinkle the fish with the salt and place it in the pan.

Combine the coconut milk, cilantro, ginger, garam masala, garlic and jalapeno in a blender and pulse until fairly smooth. Pour the mixture over the fish. Bake until the fish is just opaque in the center, about 15 minutes. Garnish with more cilantro.

Makes 4 servings

Nutrition Facts:

Calories 170
Total Fat 3g
Total Carbohydrates 1g
Dietary Fiber 0g
Protein 34g

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