

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



Dr. Clark's
CENTER FOR
WEIGHT LOSS
SUCCESS