TILAPIA PUTTANESCA

INGREDIENTS

9 1/2 lb  Tilapia
25 oz    Red onion (sliced)
2 1/4 oz  Olive oil
4 2/3 tsp Garlic cloves (minced)
3 1/8 lb  Fire roasted tomatoes (canned, diced)
3 Tbs    Oregano (dried)
1 1/8 tsp  Red chili pepper flakes
9 1/2 oz  Calamata olives
6 Tbs    Parsley (fresh, chopped)
3 1/4 Tbs Capers
4 3/4 qt  Brown rice
3 qt    Mixed vegetables (frozen)

INSTRUCTIONS

1. Prepare brown rice according to package directions. Set aside and keep warm for serving.
2. Prepare frozen vegetables according to package directions. Set aside and keep warm for serving.
3. Heat a pan with olive oil on medium heat. Add onions and sauté until tender, stirring occasionally.
4. Stir in garlic, undrained tomatoes, oregano, and crushed red pepper.
5. Bring to a boil and reduce heat. Simmer uncovered for 5 minutes.
6. Add olives to sauce and simmer for 10 additional minutes.
7. Lay out the fish on a pan sprayed with non-stick spray.
8. Bake at 350°F or until internal temperature reaches 150°F.
9. For each individual portion, spoon sauce over fish. Serve with 3/4 cup of brown rice and 1/2 cup of mixed vegetables.

NUTRITION

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<tbody>
<tr>
<td>Calories</td>
<td>470</td>
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<tr>
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<td>450 mg</td>
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<tr>
<td>Trans Fat</td>
<td>0 g</td>
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<tr>
<td>% Calories from Saturated Fat</td>
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Number of Servings: 25 (443 g per serving)
Recipe courtesy of Spring Harbor Hospital