

Lemon Garlic Tilapia

A low-carb zesty seafood dish full of flavor and low in fat.

Serves 6

Ingredients

- 6 tilapia filets, 6 oz each
- 1 tbsp extra virgin olive oil
- 4 garlic cloves, crushed
- 4 tsp fresh parsley
- 1 lemon, sliced into thin wedges
- salt and pepper to taste
- cooking spray
- 4 c mixed greens
- 3 tbsp balsamic dressing



<http://www.skinnytaste.com/2008/04/broiled-garlic-tilapia.html>

Directions

1. Preheat oven to 400°.
2. Season fish with olive oil, garlic, salt and pepper.
3. Spray baking sheet or dish with cooking spray.
4. Place fish fillets on sheet and top each off with fresh parsley and lemon wedges.
5. Bake for 15 minutes or until cooked through.
6. Toss mixed greens with dressing and serve alongside fish.

Nutrition Facts	
Serving Size 1 fillet	
Amount Per Serving	
Calories 263	Calories from Fat 38
% Daily Values*	
Total Fat 4.2g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 83mg	28%
Sodium 114mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 6.8g	27%
Sugars 4.8g	
Protein 36g	72%

*Percent Daily Values are based on a 2,000 calorie diet.

Tip: Enjoy with a small whole wheat dinner roll for an extra 80 calories.