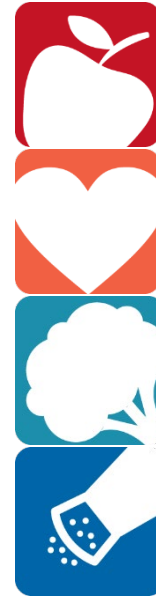


Tomato Basil Baked Tilapia



4 servings

Flavorful Lean Fish.

Ingredients	Instructions
<p>1 lb Tilapia filets– 4 oz ¼ cup Red Wine Vinegar ¼ Tbsp Minced Fresh Garlic ¼ tsp Ground White Pepper 1.5 tsp Dried Sweet Basil ¼ cup Sauterne Cooking Wine 2 oz Sliced (⅛”) Yellow Onion 4 each Cherry tomatoes cut in quarters.</p>	<p>Place fillets each lightly oiled in a baking pan. Combine Red Wine Vinegar, Garlic, White Pepper, Basil, and wine. Mix well. Pour over the fish. Place a fourth of the onion and cherry tomatoes over each fillet. Cover and bake in a 375F oven for 15 to 30 minutes depending on thickness of fish or until fish is firm, flakes easily and minimum internal temperature is 145F. Serve immediately.</p>

Nutrition Information: 4 oz serving; 110 calories, 5g or total fat, 0g sat fat, 0g trans-fat, 50mg cholesterol, 135g sodium, 2g carbs, 0g fiber, 1g sugar, 21g protein.