

Flavorful Baked Tilapia **A "One-Dish" Meal...just add Rice!**

Ingredients:

- ✓ 4 Tilapia fillets (defrosted if using frozen)
- ✓ 1 Vidalia Onion
- ✓ 1 large Lemon
- ✓ 1 lg. Zucchini, skin removed and sliced (or substitute approx. 2 cups of defrosted mixed vegetables)
- ✓ Kosher Salt
- ✓ Freshly ground Black Pepper
- ✓ Paprika, your favorite Rice
- ✓ Salsa



Directions:

Preheat oven to 375 degrees. Line a baking pan with aluminum foil or parchment paper, use enough to be able to fold over.



Slice onion into rings and separate, cut lemon into slices. Place half the onion slices on to pan, add vegetables, squeeze juice from lemon slices on both sides of fish, lay fish on the "bed" of onions & vegetables, sprinkle fish with a little salt, pepper and paprika. Put the lemon slices under and over the fish, put the remaining onion slices on top. Make sure no moisture can escape while cooking.

Bake for 35-40 minutes. Tear open foil & serve over rice, add a tbsp. of fresh salsa on the side....Moist, Juicy, and Full of Flavor!

If you're watching your Carbs, equally delicious with a fresh toss salad!