

Creole Tilapia & Mashed Sweet Potatoes

Family Circle Magazine - September 2011

Servings: 4

Preparation Time: 15 minutes

Bake Time: 45 minutes

2 pounds sweet potatoes

2 tablespoons Brummel & Brown yogurt spread

1 1/2 teaspoons paprika

1/2 teaspoon salt

1/2 teaspoon black pepper

1/2 teaspoon onion powder

1/2 teaspoon garlic powder

4 6-ounce tilapia fillets

1 tablespoon vegetable oil

Preheat oven to 400 degrees.

Pierce the sweet potatoes with a fork several times and place directly on the oven rack.

Bake for 45 minutes or until tender.

Slice the potatoes in half and spoon the flesh into a bowl. Discard the skin.

Mash with the yogurt spread.

In a small bowl, combine the paprika, salt, pepper, onion powder and garlic powder.

Stir 3/4 of the mixture into the sweet potatoes. Cover and keep warm.

Rub the remaining spice mixture on both sides of the fish.

Heat oil in a large nonstick skillet over medium-high heat.

Cook the fish for 4 minutes per side or until cooked through.

Serve the fish with the sweet potatoes.

Per Serving (excluding unknown items): 207 Calories; 4g Fat (17.1% calories from fat); 3g Protein; 41g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 288mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat.