

# **Roasted Tilapia and Vegetables**

Betty Crocker Best-Loved Casserole

**Servings: 4**

**Preparation Time: 15 minutes**

**Start to Finish Time: 40 minutes**

**1/2 pound fresh asparagus spears, trimmed and halved**  
**2 small zucchini, halved lengthwise and cut into 1/2-inch strips.**  
**1 red bell pepper, cut into 1/2-inch strips**  
**1 large onion, cut into 1/2-inch wedges**  
**2 tablespoons olive oil**  
**2 tablespoons steak seasoning, divided**  
**4 tilapia fillets (about 1 1/2 pounds)**  
**1 tablespoon butter, melted**  
**1/2 teaspoon paprika**

Preheat oven to 450 degrees.

In a large bowl, toss asparagus, zucchini, bell pepper, onion and oil. Sprinkle with one teaspoon of the steak seasoning; toss to coat.

Spread vegetables in an ungreased 15x10x1-inch pan. Place on lower oven rack; roast for 5 minutes.

Spray a 13x9-inch glass baking dish with cooking spray. Pat tilapia fillets dry with paper towels. Brush with butter; sprinkle with remaining steak seasoning and the paprika. Place in baking dish.

Place baking dish on middle rack of oven. Roast fish and vegetables longer or until fish flaked easily with a fork and vegetables are tender.

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Per Serving (excluding unknown items): 118 Calories; 10g Fat (71.0% calories from fat); 2g Protein; 7g Carbohydrate; 2g Dietary Fiber; 8mg Cholesterol; 34mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 2 Fat.