
Tilapia Veggie Bake

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Nettles Island Cooking in Paradise - 2014

2 (or more) tilapia fillets (or your favorite fish)

fresh spinach

fresh garlic, minced

canned artichokes (not pickled), sliced

1 onion, sliced thin

white wine

butter

Spray a baking pan with cooking spray.

In a separate pan, saute' the spinach with the garlic. Drain the excess liquid.

Place the fillets in the pan to bake. Top with onion slices, a spinach layer and artichokes. Drizzle with wine (enough to also cover the pan). Top with small dabs of butter. Place the remaining onions and artichokes around the fish.

Bake in an oven preheated to 350 degrees for 20 minutes. Seal. Cover with foil. The fish will flake apart when done. Pour any remaining wine into a goblet.

Seafood

Per Serving (excluding unknown items): 42 Calories; trace Fat (3.4% calories from fat); 1g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1 1/2 Vegetable.