

Tropical Tilapia

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Servings: 4

Start to Finish Time: 25 minutes

4 (4-ounce each) tilapia fillets
1 teaspoon Caribbean jerk seasoning
1 can (15 oz) mixed tropical fruit, undrained
1/4 cup dried tropical fruit
2 green onions, chopped
1/4 cup red jalapeno pepper jelly
2 tablespoons sliced almonds
2 tablespoons fresh mint, minced
1 tablespoon lime juice
hot cooked rice

Season the fillets with jerk seasoning.

In a large nonstick skillet coated with cooking spray over medium-high heat, cook the fillets, turning once, for 3 to 5 minutes or until the fish flakes easily with a fork. Transfer to a serving platter and keep warm.

In the same skillet, combine the fruit, onions, jelly and almonds. Heat through.

Stir in the mint and lime juice.

Serve with the fish and rice.

Per Serving (excluding unknown items): 31 Calories; 2g Fat (63.4% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat.