



*Dairy Free • Egg Free • Grain Free
Gluten Free • No Added Sugar
Nut Free • 30 Minutes or Less*

Island Tilapia



**LIVE WELL
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Island Tilapia

INGREDIENTS

1 pound tilapia
Creole seasoning to taste
Salt and pepper to taste
2 tablespoons olive oil
½ bunch fresh parsley, chopped
1 large green bell pepper, diced
1 large yellow onion, diced
1½ cups tomatoes, diced
¾ cup pineapple, diced
1½ teaspoons garlic, minced
1 bay leaf

DIRECTIONS

1. Season tilapia with Creole seasoning, salt, and pepper.
2. In large pan, heat oil over medium-high heat. Add fish and cook until it is tender and flakes with a fork, about 4 minutes per side. Remove fish from pan and set aside.
3. To the same pan, add parsley, bell pepper, and onions. Cook until vegetables are tender.
4. Stir in remaining ingredients. Reduce heat to medium. Cook and stir occasionally 8 to 10 minutes or until liquid is thick. Salt and pepper to taste. Add cooked tilapia to pan until warmed.
5. Remove bay leaf and serve.

TIPS

- Tilapia is a high-protein, low-calorie white fish with a mild flavor that even picky eaters can enjoy.
- If using canned pineapple, choose fruit canned in water or 100% juice and drain well.
- Serve over brown rice for more fiber.

Main Dish | Serves 4