

Tilapia (or Pacific Halibut) with Tomatoes and Beans

Makes approximately 4 servings

*This is a quick, easy, and mild fish recipe. My husband and 4 year old both really like it! Tilapia is a lean fish – sustainable choices come from US farms - **if you want fish with a higher amount of omega-3's, try Pacific halibut.***

Ingredients:

4 tilapia fillets (or other firm white fish, like Pacific Halibut)

1 can low-sodium cannellini beans (white kidney beans), drained and rinsed

1 can reduced sodium diced tomatoes, undrained

1/3 cup sliced or chopped olives (kalamata or black – you choose)

¼ cup fresh, diced basil –OR- 2 Tbs prepared pesto

3 cloves garlic, minced

½ cup onion, chopped

1 Tbs olive oil

Cooked brown rice, quinoa or baked potatoes (optional)

If you want this with brown rice, quinoa or baked potatoes, get them going first. When they have about 15 minutes left to cook, start with the rest of the recipe.

Directions:

Heat a large sauté pan over medium heat. Once pan is heated, add olive oil and heat through. Add onions, top with fish fillets. Cover and cook for a few minutes, until fish begins to whiten on the bottom (don't let the onions burn!). Remove lid and turn the fish fillets over. Top with minced garlic, cannellini beans, and tomatoes. Cover again, and heat for another 5 minutes or so – until it starts bubbling and steaming again. Remove cover, add fresh basil or pesto (pesto is a great cold weather substitute for fresh basil) and olives. Re-cover and heat through, until fish is done and flakes easily with a fork. Serve over brown rice, quinoa or baked potatoes as desired.

From Kim Pullman RD, LN