



Family Plan

Baked Tilapia

Serving Size : 6 Preparation Time :0:00

Categories : Main Dish

Amount	Measure	Ingredient -- Preparation Method
1 1/2	pounds	Rain Forest Tilapia fillets
1/4	cup	celery -- chopped
1/4	cup	onion -- chopped
1/4	cup	sweet red pepper -- chopped
3	tablespoons	butter or margarine
3	tablespoons	flour
		Salt and pepper to taste
1	teaspoon	fresh or dried tarragon
1	teaspoon	fresh basil
1/4	cup	milk
1	cup	Mozzarella cheese -- shredded

In a medium skillet, sauté the celery, onions and sweet red pepper in butter or margarine until tender. Add the flour, salt, pepper, tarragon, basil and milk; mix well. Cook for 1 minute, stirring constantly until thickened. Add the cheese and stir until melted. Do not boil.



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Rinse the tilapia fillets in cold water and drain thoroughly. Place the fish in a 12" × 8" × 2" baking dish; spoon the sauce evenly over the fish. Bake at 425° for 8 to 10 minutes or until the fish flakes easily when tested with a fork.

Source:

"American Tilapia Association"

S(Internet address):

"<http://ag.arizona.edu/azaqua/ata.html>"

Per Serving (excluding unknown items): 137 Calories; 11g Fat (70.6% calories from fat); 5g Protein; 5g Carbohydrate; trace Dietary Fiber; 34mg Cholesterol; 147mg Sodium.
Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 Fat.

NOTES : For more information, contact Rain Forest Aquaculture Products, Inc.,

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