

Tilapia with Coconut Rice & Mango Salsa

This is a great combo of sweet and spicy- with a hint of coconut. My husband is a coconut hater and actually enjoyed this! Feel free to use another fish besides tilapia; this was just the fish I had on hand. Tasty options could be cod, mahi mahi, or salmon. I know rumors fly about tilapia not being a “good fish” but that is untrue for all tilapia. The key is to look for tilapia raised in the US, Canada, or the UK (even if it is farm raised). I would avoid the tilapia raised in China, as the US turns down the most tilapia from this country due to harsh chemicals. Other than that, tilapia is an inexpensive low-fat, low-calorie, high protein fish option.

Ingredients:

Tilapia

2 tbsp	Extra virgin olive oil
2 tsp	Reduced sodium soy sauce
1 tbsp	Lemon juice
1 clove	Garlic, minced
1 tbsp	Red pepper flaked
1 tsp	Ground black pepper
1 tbsp	Fresh ginger root, minced
2 tbsp	Green onion, chopped
4, 5 oz	Tilapia fillets (or fish of choice)

Mango Salsa

½ cup	Fresh pico de gallo (can buy this pre-made in the produce or make your own pico)
1 tsp	Stevia
1 tbsp	Water
1 cup	Fresh mango, cubed

Coconut Rice

1 cup	Uncooked jasmine rice
1 ½ cups	Water
1 cube	Chicken bouillon
¾ cup	Lite coconut milk (about 1/2 can)
2 tbsp	Stevia

Directions:

1. In a medium bowl, whisk the oil, soy sauce, lemon juice, garlic, red pepper flakes, black pepper, ginger root, and green onion. Roll the tilapia in the mixture until each fillet is covered with marinade. Cover and place in the fridge for 1 hour.
2. In the meantime, prepare the salsa. Add the pico de gallo to a small bowl. Over medium-high heat, cook the mango cubes, water, and stevia in a skillet until mango is tender and juices start to seep out of mango. Mix the mango and juices into the pico de gallo.
3. Preheat the oven, turning it on to “broil.”
4. Get the rice started by bringing rice, water, and chicken bouillon to a boil. Once at a boil, reduce the heat to low, cover, and let simmer until the rice is fully absorbed by the rice. Stir occasionally. Add the coconut milk and Stevia to the rice (once all the water is absorbed). Cover again and let cook on low until milk is absorbed. TIP: If the rice has absorbed all the milk but is still not soft, add a little water and let that absorb; keeping repeating until the rice is as soft as you would like it.
5. While the rice cooks, grease a baking dish with cooking spray. Place the tilapia in the baking dish and drizzle remaining marinade over the top. Place in the preheated oven and broil for 10-12 minutes or until fish pulls apart easily with a fork. TIP: if the fish starts to brown but is not fully cooked yet, cover with aluminum foil the remainder of the time. Remove from the oven.
6. Assemble plates by adding a bed of rice (¾ cup cooked). Top with 1 tilapia fillet, then top with mango salsa.

Tilapia with Coconut Rice & Mango Salsa		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	429 kcal	21 %
Total Fat	13.2 g	20 %
Saturated Fat	4.8 g	24 %
Trans Fat	0 g	
Cholesterol	70.9 mg	24 %
Sodium	785.7 mg	33 %
Total Carbohydrate	45.4 g	15 %
Dietary Fiber	1.3 g	5 %
Sugars	7.1 g	
Protein	32.4 g	65 %
Vitamin A	15 %	Vitamin C 44 %
Calcium	4 %	Iron 14 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at cronometer.com		

Servings: 4 servings
 Serving size: ¼ cup rice, 1 tilapia fillet, 1/4 cup mango salsa