

## *Recipe of the Month – April, 2011*

### **Stuffed Tilapia**

Tilapia is a light and delicate fish that can be grilled, broiled, or baked.

**Servings:** 6

**Serving Size:** 1 fillet

**Prep Time:**

**Ingredients:**

6 (4 ounce) tilapia fillets

2 teaspoons olive oil

4 cloves garlic, minced

4 ounces mushrooms, chopped

1 pound fresh spinach leaves, rinsed thoroughly

1/3 cup feta cheese, crumbled

3 tablespoon fresh lemon juice

Cooking spray

Coarsely ground pepper

### **Directions:**

Preheat oven to 350 degrees. In a large sauté pan, sauté garlic and mushrooms for 5 minutes in olive oil. Add approximately 1/3 of the spinach, cover and reduce the heat to a simmer, stirring occasionally. Add more spinach as the spinach reduces in volume until all the spinach has been added. Set aside and let the spinach mixture cool.

Combine the cooled spinach mixture with the feta cheese, and 1 tablespoon of the lemon juice. Spoon approximately 1/3 cup of the spinach mixture onto each fillet. Roll the fillet around the spinach stuffing and place seam side down on a baking sheet coated with cooking spray. Brush the tops of the fillets with the remaining lemon juice. Lightly sprinkle with fresh ground pepper.

Bake, uncovered at 350 degrees for approximately 20 minutes or until the fish flakes when pricked with a fork.

### **Nutritional Facts:**

Calories: 170

Total fat: 5 g

Saturated fat: 2 g

Calories from fat: 45

Cholesterol: 62 mg

Dietary Fiber: 3 g

Sodium: 250 mg

