



EASY OVEN PACKET CARIBBEAN TILAPIA WITH PEARS AND CARNIVAL ROASTED POTATOES

Enjoy a taste of the Caribbean with a rainbow mix of seasoned vegetables and seasoned tilapia and pears, baked in no-fuss foil or parchment packets.

Preparation time: 45 minutes

Serves: 4

INGREDIENTS:

Carnival Roasted Potatoes

- 2 small red potatoes
- 2 small Yukon potatoes
- ½ yellow bell pepper, cut into 1" chunks
- 1 cup green beans (fresh, frozen, or canned)
- 1 Roma tomato, cut into wedges
- 2 tbsp chopped white onion
- 1 garlic clove, minced

- ½ tsp cumin
- ¼ tsp salt (optional)
- 1 tbsp olive oil

Tilapia Oven Packets

- 4 4-oz (1 lb total) tilapia fillets, fresh, or frozen
- 1 tbsp salt-free Caribbean citrus seasoning blend
- 2 tsp olive oil
- 3 D'Anjou pears

DIRECTIONS:

Heat oven to 425 °F. Scrub potatoes under running water, cut into 1-inch chunks. In a large bowl, toss potatoes with other vegetables, seasonings, and olive oil. Spread mix in a 2-quart baking dish and place in oven. Roast until potatoes and other vegetables are tender, about 30-40 minutes.

About 15 minutes after the potato dish was placed in the oven, put in the cookie sheet with fish packets, prepared as follows: Brush fish with olive oil, coat with seasoning blend. Place each filet in the center of a square of aluminum foil (or substitute foil with parchment paper). Cut pears into quarters and core; slice into thin wedges (about 8-12 per pear). Top fish with pear wedges. Bring the foil over the fish and fruit. Fold and pinch the seams. Place foil packets on a cookie sheet. Bake about 20 minutes, until tilapia is cooked to an internal temperature of 145 °F, confirmed with a food thermometer, and fruit is tender. To serve, carefully open the packet, slide contents onto individual serving plates, and add roasted vegetables.

Serving Suggestions: Serve with an 8 oz glass of non-fat milk.

Recipe Submitted by Produce For Better Health Foundation



Food Group Amounts	
Dairy	--
Fruits	¾ cup
Vegetables	1¾ cups
Grains	--
Protein	3 oz

Nutrition Facts	
Serving Size 465 g	
Amount Per Serving	
Calories 380	Calories from Fat 70
%Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 220mg	9%
Total Carbohydrate 54g	18%
Dietary Fiber 8g	32%
Sugars 17g	
Protein 28g	
Vitamin A 8%	Vitamin C 110%
Calcium 6%	Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g



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