



Sweet and Spicy Pineapple Tilapia ^{Foil}Packets

SERVING: 1 FILET
YIELD: 6 - 8

PREP TIME: 10 MIN
TOTAL TIME: 30 MIN

Ingredients

- Non-stick cooking spray
- 2 lb tilapia filets, thawed
- 1 tsp garlic powder
- 1/4 tsp pepper
- 1 cup instant brown rice, uncooked
- 1 cup water
- 1/2 onion, chopped
- 1/4 cup fresh cilantro, chopped
- 1/2 can (20 oz) crushed pineapple in juice, drained
- 1 can diced tomato with green chilies, 10 oz can, drained and rinsed
- 1 can jalapenos, 4 oz can, drained
- 1 lime, juiced

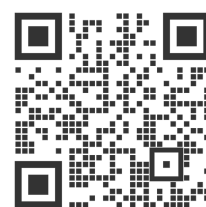
Directions

1. Preheat oven to 375°F. Cut or tear 4 heavy-duty foil equal size about 12-by-16-inch pieces.
2. In a small bowl, combine chopped onion, crushed pineapple, diced tomatoes, jalapeno, lime juice, pepper and garlic.
3. Using a baking sheet, place the 4 foil cut-outs and coat with cooking spray. Place tilapia onto foil.
4. Evenly spread mixture over tilapia. Fold the sides of each foil packet, covering completely and sealing the packet closed.
5. Place into oven and bake until cooked through, about 15-20 minutes or internal temperature of at least 145 degrees F.
6. Meanwhile, prepare rice according to package directions. Fluff with fork, add cilantro & set aside.
7. Serve fish over rice. Enjoy!

Nutrition Facts	
7 servings per container	
Serving size	1 filet (0.0g)
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 320mg	14%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 4mcg	20%
Calcium 30mg	2%
Iron 1.4mg	8%
Potassium 520mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

*Recipe adapted from
onieproject.org

*Cost information includes
lower cost ingredients found at
local grocery store 9/23/22.



Cost Per Recipe

\$12.75

Cost Per Serving

\$1.82

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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