

Orange Curried Tilapia

2- 4 oz tilapia filets
½ cup fresh squeezed orange juice
½ tbsp curry powder
1 tbsp fresh cilantro, chopped

Pre-heat oven to 400°F.

Place tilapia filets in small glass baking dish. Add salt and pepper. Whisk together orange juice and curry powder in small bowl. Pour liquid evenly over filets. Allow to marinate for 20 minutes. Cook tilapia for 12-15 minutes or until fish flakes with the touch of a fork. Remove from oven and place one tilapia on each plate. Top with cilantro. Serve with black beans and steamed broccoli.

Serves 2.

Calories 180 Fat 3.5g Sat Fat 1.5g Carbohydrate 8g Dietary Fiber 0g Protein 30g Sodium 50mg