

Stir Fried Veggies with Fresh Dill and Tilapia

1 Tbsp olive oil, plus 2 tsp
2 cloves garlic, coarsely chopped
1 eggplant, washed and chopped
1 yellow squash, washed and chopped
1 zucchini squash, washed and chopped
1 15 oz can no salt added diced tomatoes, drained
2 Tbsp fresh Dill
4-4 oz tilapia filets
Salt
Pepper
1 lemon, sliced in wedges

Heat oil large sauté pan over medium high heat. Add garlic and sauté for about 2 minutes until golden brown. Add eggplant and squash. Cook for about 3 minutes, stirring often. Add tomatoes and chickpeas. Cover and cook on low to medium heat for about 5-7 minutes.

Meanwhile, salt and pepper salmon filets to taste. Heat 2 tsp oil in frying pan. Add filets and cook for about 2-3 minutes each side until fish flakes with touch of a fork.

Remove from heat and place each filet on plate. Squeeze one lemon wedge over top filet and top with veggie mixture. Serve.

Serves 4.

Calories 260 Fat 9g Sat Fat 2g Carbohydrate 15g Dietary Fiber 6g Protein 32g Sodium 180mg