BAKED TILAPIA WITH COCONUT-CILANTRO SAUCE

In need of an easy recipe for the fish sitting in your freezer? This week's recipe is not only simple, but also quick with very few steps-it's a win-win!

Ingredients:

- Nonstick spray
- Four 6-ounce pieces tilapia fillet
- ¼ teaspoon kosher salt
- ½ cup light reduced-fat coconut milk
- ½ cup cilantro leaves
- 1 teaspoon peeled chopped fresh ginger
- ½ teaspoon garam masala
- 2 garlic cloves
- ½ jalapeno pepper, seeded and chopped
- 3 cups cooked brown rice, for serving



Directions:

1. Preheat the oven to 425 degrees F. Spray a 9-by-13-inch baking pan with nonstick oil spray. Sprinkles the fish with the salt and place it in the pan

2. Combine the coconut milk, cilantro, ginger, garam masala, garlic and jalapeno in a blender and pulse until smooth. Pour mixture over the fish

3. Bake until the fish is just opaque in the center, about 15 minutes. Garnish with more cilantro and serve with the rice

NUTRITION PER SERVING:

Calories 170 | Fat 3g | Saturated Fat 1g | Protein 34g | Carbohydrates 1g | Sugar 0g | Cholesterol 85 mg | Sodium 210mg

Check out this week's recipe here: https://www.foodnetwork.com/recipes/food-network-kitchen/baked-tilapia-with-coconut-cilantro-sauce-recipe-2106823

ALLOY®