Spanish-Style Tilapia in Tomato Broth

Servings: 2

Adapted from Laura Zapalowski, Cooking Light NOVEMBER 2011

Ingredients

1/2 cup uncooked rice

1/2 tablespoon olive oil

1/4 teaspoon salt

1/4 teaspoon paprika

1/4 teaspoon black pepper

2 tilapia fillets

1 tablespoon sliced shallots

1/8 teaspoon crushed red pepper

1 tablespoon minced garlic

1/4 package grape tomatoes, quartered

1/2 cup fat-free, lower-sodium chicken broth

1/3 cup dry white wine (or more fat-free, low sodium chicken broth)

1 teaspoon dried thyme

2 tablespoons chopped fresh flat-leaf parsley, divided

1/2 tablespoon lemon juice

1/8 cup sliced almonds

Preparation

- 1) Cook rice according to package directions, omitting salt and fat. Drain.
- 2) While rice cooks, heat a skillet over high heat. Add oil to pan; swirl to coat. Combine salt, paprika, and black pepper; sprinkle evenly over fish. Add fish to pan, skin side down; cook for
- 3) Add shallots, red pepper, and garlic; cook 4 minutes or until shallots are translucent, stirring occasionally. Add tomatoes, broth, wine, and thyme; bring to a simmer, and cook 6 minutes. Add 1 tablespoon parsley and lemon juice; stir gently to combine.
- 4) Combine cooked rice, remaining 1 tablespoon parsley, and almonds. Place rice mixture in each bowl; top each serving with 1 piece of fish and tomato mixture.