

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.