

Spanish Tilapia

Yield: 4 servings

1 lb. tilapia fillets
Salt & pepper, to taste
A swirl of olive oil
1 small onion, chopped
2 cloves garlic, minced
1 can (14.5 oz.) Italian-style diced tomatoes
¼ cup slice black olives
¼ cup sliced green olives
½ lemon, sliced
Cooked rice or pasta, for serving (optional)

Season the tilapia with salt and pepper. In a large skillet, heat olive oil over medium-high heat. Add the onion and garlic and cook until the onion softens, about 4-5 minutes. Add the tomatoes, black and green olives and lemon. Bring just to a boil and reduce heat to medium-low. Allow to simmer for 10 minutes. Add the fish to the skillet and cook for 7-9 minutes or until the fish flakes easily with a fork. Discard the lemon slices. Serve with rice or pasta.

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