

# ***Baked Tilapia and Tomatoes***

*(serves 2)*

## **INGREDIENTS:**

- 1 small can diced tomatoes with basil, garlic, and oregano
- 2 cloves garlic, minced
- ½ teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- juice from ½ a lemon, divided
- 2 tilapia filets
- 2 tablespoons fresh parsley, chopped

## **DIRECTIONS:**

- Preheat your oven to 350°.
- Combine the diced tomatoes, garlic, oregano, salt, pepper, and most of the lemon juice in a bowl.
- Mix well.
- Spread a little of the tomato mixture onto the bottom of a baking dish.
- Place the tilapia filets on top.
- Squeeze the remaining lemon juice on top of the fish.
- Spoon the rest of the tomato mixture over the tilapia.
- Bake for 20-30 minutes, until the tilapia is opaque and cooked through.
- Sprinkle the parsley on top of the fish before serving.