

Simply Light Mediterranean Tilapia

This dish makes the ideal dinner! It's simple, light and flavorful and takes no time to make. Serve on a bed of rice or with a slice of your favorite crusty bread.



Ingredients:

4-6	Tilapia fillets medium size
3	Tomatoes (Roma medium size diced or 1 can diced tomatoes-14.5 oz.)
1/2	Yellow onion chopped
3	Italian zucchini medium size – sliced in ¼" thick rounds
2 tbsps	Fresh minced garlic
1 tsp	Dry dill
1	Pinch oregano
1	Pinch thyme
	Salt and fresh ground black pepper to taste
1	Pinch crushed red pepper (optional)
2 tbsps	Olive oil

Directions:

1. Wash and dry fish fillets.
2. Sauté the onions and tomatoes in the olive oil on medium fire for 2 minutes.
3. Add the seasonings and cook for one more minute.
4. Place the tilapia fillets in the pan covering them with the sautéed tomatoes and onions.
5. Add the zucchini on top and cover the pan with a lid.
6. Cook covered for 15 minutes or until done.