



CILANTRO

IN SEASON

May - September

HOW TO SELECT

Look for hardy, bright green stems that are not wilted or brown.

HOW TO STORE

Trim ends & place in a jar filled with 1 inch water. Tightly cover with lid or upside-down plastic bag & rubber band. Store in fridge up to 2-3 weeks. To freeze, finely mince fresh herbs & spread evenly in an ice cube tray. Lightly cover herbs with canola oil & freeze overnight. Transfer frozen cubes to a zip-close bag and store up to 6 months.

SWEET & SPICY BAKED TILAPIA



Nutrition Facts

Serving size: 1/4th recipe (336g)
Servings Per Recipe 4



Amount Per Serving		% Daily Value
Calories 400	Calories from Fat 20	
Total Fat 2.5g		4%
Saturated Fat 1g		4%
Trans Fats 0g		
Cholesterol 75mg		25%
Sodium 95mg		4%
Total Carbohydrate 57g		20%
Dietary Fiber less than 1g		4%
Sugars 9g		
Protein 37g		
Vitamin A 8%	Vitamin C 25%	
Calcium 4%	Iron 15%	

30 MIN | SERVES 4

INGREDIENTS:

- Non-stick cooking spray
- 4 (6 oz) tilapia fillets
- 1 tsp garlic powder
- 1/4 tsp pepper
- 2 cups instant white rice
- 1/4 cup chopped fresh **CILANTRO**
- 1 (8 oz) can crushed pineapple in juice, drained
- 1 tomato, diced
- 2 tsp chili paste
- 1 lime, juiced

PREPARATION:

1. Preheat oven to 375°F. Line a baking sheet with aluminum foil & coat with cooking spray.
2. Season tilapia with garlic & pepper. Place on baking sheet & bake 12-15 minutes or until fish flakes easily with a fork.
3. Meanwhile, prepare rice according to package directions. Fluff with fork, add cilantro & set aside.
4. In a small bowl, mix pineapple, tomato, chili paste & lime juice.
5. Serve fish over rice & evenly top with sweet & spicy sauce.



Cooking Video @ onieproject.org/videos