

Parsley

LEMON HERB TILAPIA

Ingredients:

- 1 cup fresh minced parsley
- 2 lemons, juiced
- 4 cloves garlic, minced
- 2 Tbsp olive oil
- 1 tsp black pepper
- 1 tsp cumin
- 1 cup instant brown rice
- 4 (4 oz) tilapia fillets, thawed
- Non-stick cooking spray
- 2 cups grape tomatoes, halved

Preparation:

1. In a large bowl, add parsley, garlic, lemon juice, olive oil, pepper & cumin. Mix well. Place tilapia into the herb mixture & marinate 5 minutes, making sure both sides are covered.
2. Prepare rice according to package directions. Set aside.
3. Lightly coat a skillet with cooking spray & heat over medium. Add fish & herb marinade. Cook 3-4 minutes per side or until lightly browned & fish flakes easily with a fork.
4. Add tomatoes & cook 1-2 minutes or until warm. Serve over 1/2 cup rice.

20 Min | Serves 4

Nutrition Facts	
4 servings per recipe	
Serving size	(296g)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 85mg	4%
Total Carbohydrate 47g	17%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 4mcg	20%
Calcium 61mg	4%
Iron 3mg	15%
Potassium 598mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?

1 for 1 certified

This recipe is 1 for 1 certified & meets a lower sodium standard.

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**CHOOSE
HOME
MADE**

PARSLEY

In Season

May - September

How to Select

Choose parsley that is perky, green & free of brown, yellow, or wilted segments.

How to Store

Trim ends, remove wilted leaves & place in a jar filled with 1 inch of water. Cover top with a plastic bag & put glass of herbs in fridge up to 2-3 weeks. To freeze, finely mince parsley & spread evenly in an ice cube tray. Lightly cover herbs with canola oil & freeze overnight. Transfer frozen cubes to a zip-close bag & store up to 6 months.

Helpful Tip

Dry parsley by leaving it out on the counter 2-3 weeks. When completely dry, strip leaves from stems by running your fingers against the direction of growth. Store in a jar up to 6 months.



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