

## Citrus Garlic Tilapia with Brown Rice & Asparagus

### Ingredients

- 4 Tilapia fillets 3-5 Oz
- 4 garlic cloves minced
- 3 teaspoons lemon rind grated fresh
- $\frac{3}{8}$  teaspoon black pepper
- 2 cups brown rice
- 1 bunch asparagus\*



Makes 4 servings

Prep time: 5-10 minutes

Cook time: 5 minutes

### Preparation

Evenly season fillets with minced garlic, lemon zest and pepper. Place in half pans. Bake in a preheated oven at 375 degrees F for 5 minutes, or convection oven at 425 degrees F for 5 minutes. Garnish with fresh thyme or fresh rosemary (not listed). Serve hot.

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Nutritional information per serving of tilapia

Calories 90, Carbohydrate 1 g

Dietary Fiber 0 g, Protein 18 g, Total Fat 1.5 g

Saturated Fat 0.5 g, Trans Fat 0 g

Cholesterol 45 g, Sodium 45 mg

Nutritional information per ½ cup serving of long grain brown rice

Calories 108, Carbohydrate 22.5 g

Dietary Fiber 1.75 g, Protein 42 g, Total Fat .9 g

Saturated Fat 0.2 g, Trans Fat 0 g

Cholesterol 0 g, Sodium 5 mg

\*See package of asparagus for nutritional value

*Recipe: Sodexo*