January 2009 Recipe of the Month
Tilapia with Quinoa and Fresh Vegetable Salsa

My husband enjoys sea bass and salmon, but really loves Tilapia. It gives us another option to add variety to our twice weekly fish consumption, even though it is not a good source of omega-3’s. We put the Tilapia on the grill outside (be sure to brush it with the olive oil), but it’s easier to sauté it. Email me to let me know how you like it!

Jodi Charvoz, RD, ACE
Nutrition/Fitness Counselor
UA Life & Work Connections, University of Arizona
jcharvoz@email.arizona.edu

Ingredients
Four 4 oz. Tilapia or other thin fish fillets such as red snapper, sole or cod
1 cup quinoa
2 cups vegetable or chicken broth
1 tsp. onion powder
1 cup canned black beans, rinsed
1 cup seeded and chopped Roma tomatoes
1 medium zucchini, chopped
1 T. olive oil
2 T. fresh lemon juice
1 tsp. paprika
1 tsp. cumin
2 T. chopped fresh cilantro
6 green onions, chopped
2 tsp. olive oil
Salt & fresh ground pepper to taste

Measure out quinoa. Rinse with cold water. Place quinoa, broth and onion powder in a saucepan and bring to a boil. Once it is boiling, put lid on pan and turn heat down to low. Cook for 15 minutes. While quinoa is cooking place black beans, tomatoes, zucchini, 1 T. olive oil, lemon juice, paprika and cumin in another saucepan. Simmer over medium heat for 5 to 8 minutes until flavors blend and vegetables are slightly tender. Add cilantro to vegetable mix. Keep warm. Heat 2 tsp. olive oil in sauté pan. Season Tilapia fillets with salt and pepper as desired, sauté in olive oil until cooked through about 5 to 8 minutes. Serve Tilapia on top of quinoa with fresh vegetable salsa spread over fish and topped with chopped green onion. Serves 4.

Nutrient analysis per serving:
Calories: 420
Protein: 36 g.
Fiber: 8 g.
Saturated fat: 2 g.
Sodium: 765 mg.
Omega 3: 0.26 g.
Omega 6: 1.73 g.