

Tilapia with Artichokes and Capers

Serves 4

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Green Palette

Ingredients:

4 six-ounce tilapia filets (or other white fish)
2 cups thinly sliced red onion
2 cups sliced artichoke hearts
4 teaspoons capers, drained
1/4 cup olive oil
1/2 cup fresh lemon juice (from 4 lemons)
4 teaspoons Dijon mustard
8 sprigs fresh thyme
1/2 teaspoon salt
1/4 teaspoon ground pepper

Directions:

1. Preheat oven to 450 degrees F. Using aluminum foil, cut 4-12 inch squares and set aside.
2. Rinse the fish and pat dry. Lay 1/2 cup of onions on each foil square. Lay the fish on top of the onions and top with the artichoke hearts.
3. In a small bowl, combine the capers, olive oil, lemon juice, mustard, thyme, salt and pepper. Pour this sauce evenly over each fish filet. Fold each foil square into a packet, crimping the edges shut.
4. Place packets onto a baking sheet and bake for 20 minutes, until the fish flakes easily and is cooked through. Be very careful when opening packets, the steam can be extremely hot.
5. Serve immediately with a brown rice pilaf or other whole grain.