



Recipes:

Ingredients:

- 1 Onion
- 1 Bell Pepper
- 1 tbsp Balsamic Vinegar
- Tilapia
- Cauliflower
- Feta
- Salt and Pepper to taste

Baked Balsamic Tilapia:

In a pan, sauté onions and bell peppers on medium heat with a sprinkling of salt and pepper. Once soft, add a 1 tbsp of balsamic vinegar and reduce slightly. Season tilapia and place in a deep dish. Pour the balsamic vegetables on top and throw in some raw cauliflower and a small amount of feta. Cover the dish and cook at 400 degrees for about 20 minutes. The fish and cauliflower get steamed by the balsamic vinegar and the liquid from the fish and everything stays so moist! Definitely a recipe to come back to and play around with.