



Dine Smart Fish Dinner

Ingredients:

4 oz tilapia fish
2 slices lemon
½ tbsp olive oil
2 cups broccoli
½ cup sliced carrots
1 cup zucchini
¼ cup chicken broth

Directions:

Brush olive oil on tilapia fish and place in a casserole dish. Top with slices of lemon and other spices you desire.

Place in a pre-heated oven at 350 degrees about 45 minutes or until fish flakes.

Ten minutes before the fish comes out of the oven, place the chicken broth in a saucepan over medium to high heat.

Add in broccoli, carrots, zucchini and cook until desired tenderness.

Sprinkle any additional spices you enjoy and serve with fish right out of the oven.