

Tilapia Florentine a la Doreen

Doreen Recco

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*1 1/2 pounds tilapia
2 or 3 fresh tomatoes,
sliced
1 package (10 ounce)
frozen chopped spinach
1 package (16 ounce)
mozzarella cheese
lemon juice*

Preheat the oven to 350 degrees.

In a 9x13-inch glass baking dish, rub butter on the bottom of the dish. Lay the tilapia in the dish. Squeeze the juice of one lemon over the tilapia.

Spread the spinach (thawed and squeezed) on top of the fish. Layer the tomatoes on top of the spinach. Top all with mozzarella cheese (sliced or shredded).

Bake for 25 minutes. (The fish should be flaky and the ingredients should be bubbly.)

Per Serving (excluding unknown items): 522 Calories; 30g Fat (48.4% calories from fat); 40g Protein; 32g Carbohydrate; 16g Dietary Fiber; 101mg Cholesterol; 829mg Sodium. Exchanges: 3 1/2 Lean Meat; 6 Vegetable; 3 1/2 Fat.