

# **Tilapia in Wine Sauce**

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**Servings: 4**

**Bake Time: 20 minutes**

**4 6-ounce tilapia fillets**

**1/4 teaspoon salt**

**1/8 teaspoon pepper**

**2 large tomatoes, chopped**

**1/4 cup white wine**

**3 tablespoons mint, chopped**

**2 tablespoons capers**

**1 tablespoon butter**

Preheat oven to 450 degrees.

Place the tilapia fillets in a greased baking dish.

Season with salt and pepper.

In a bowl, combine the tomatoes, wine, mint, and capers. Spoon the mixture over the fillets.

Bake for 20 minutes.

Remove the fillets from the oven.

Whisk the butter into the pan juices.

Spoon the sauce over the fillets.

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Per Serving (excluding unknown items): 51 Calories; 3g Fat (63.2% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 209mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.