

curried tilapia rice pilaf

¼ cup olive oil, divided	1 green bell pepper, finely chopped
½ tsp. kosher salt	2 tbsp. peeled minced fresh gingerroot
¼ tsp. pepper	1 tbsp. curry powder
1½ lb. tilapia fillets	1 (14.5-oz.) can diced tomatoes
1 small onion, chopped	
1 red bell pepper, finely chopped	
	Cooked white rice

1. Coat grill rack with nonstick cooking spray. Preheat grill. Combine 2 tablespoons of the olive oil, salt and pepper in small bowl. Drizzle over fish. Cover and chill 30 minutes. Grill fish 5 to 7 minutes or until fish flakes with fork.
2. Sauté onion in remaining 2 tablespoons olive oil over medium heat in large sauté pan. Add bell peppers and cook 5 minutes or until vegetables are tender. Stir in ginger, curry powder and diced tomatoes; simmer 15 minutes. Add fish and cook 5 minutes more. Serve over hot cooked rice.

Serves 4

Per Serving: 384 calories, 9g carbohydrate, 46g protein, 16g fat, 4g fiber, 116mg cholesterol, 1756mg sodium