

Healthy Harvest® Pasta Sauce Italian Crusted Tilapia

Preparation Time: 10 minutes

Cooking time: 12 minutes

Servings: 6



An innovative way to use pasta sauce and add a boost of flavour to plain fish fillets. This tasty and easy recipe will make your family enjoy nutritious fish for dinner more often.

Ingredients

1 jar (570 mL) **Healthy Harvest® Pasta Sauce Tomato and Herbs**, divided

6 tilapia fillets, about 4 oz (120 g) each

1/2 tsp (2 mL) each sea salt and freshly ground black pepper

3/4 cup (175 mL) fresh whole-wheat breadcrumbs

1/4 cup (50 mL) grated Parmesan cheese

3 tbsp (45 mL) finely chopped parsley or basil leaves

1 tbsp (15 mL) canola oil

1 tsp (5 mL) finely grated lemon zest (optional)

Hot, cooked pasta

Instructions

1. Preheat oven to 400°F (200°C). Arrange fillets on a parchment-lined baking sheet; season both sides with salt and pepper. Spread 2 tbsp (30 mL) pasta sauce onto each fillet.
2. Toss breadcrumbs with cheese, parsley, oil and zest (if using). Sprinkle evenly over fillets, pressing lightly to adhere to sauce.
3. Bake for 12 minutes or until browned and fish is cooked through. Meanwhile, heat remaining pasta sauce and toss with hot, cooked pasta to serve alongside fish.

Tip: Add steamed broccoli, asparagus spears or a tossed garden salad to the plate to complete the meal.

Nutritional information per serving (1 fillet with 1 cup/250 mL pasta and sauce):
354 calories, 10 g fat, 1 g saturated fat, 42 mg cholesterol, 772 mg sodium, 42 g carbohydrates, 5 g fibre, 30 g protein.
Excellent source of folate. Good source of iron.



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