

Recipe of the week from AllRecipes by Eireann:

Lemon Garlic Tilapia

Ingredients:

- * 4 each tilapia fillets
- * 3 tablespoons fresh lemon juice
- * 1 tablespoon butter, melted
- * 1 clove garlic, finely chopped
- * 1 teaspoon dried parsley flakes
- * 1 dash pepper to taste

Directions:

Preheat oven to 375 degrees F (190 degrees C). Spray a baking dish with non-stick cooking spray.

Rinse tilapia fillets under cool water, and pat dry with paper towels.

Place fillets in baking dish. Pour lemon juice over fillets, then drizzle butter on top. Sprinkle with garlic, parsley, and pepper.

Bake in preheated oven until the fish is white and flakes when pulled apart with a fork, about 30 minutes.

Serves: 4

Nutritional Information per serving:

142 calories; protein 23.1g; carbohydrates 1.4g; fat 4.4g; cholesterol 49.1mg; sodium 93mg.

Super Food of the week: *garlic, red bell pepper*

Immunity-boosting recipe of the week, from AllRecipes, by Superfoods: *Superfood Salad*

Ingredients:

- * ½ cup water
- * ½ cup quinoa
- * ½ sweet potato, peeled and cut into chunks
- * 1 beet, peeled and cut into chunks
- * ½ cup edamame (soybeans)
- * 1 plum tomato, chopped
- * ½ red bell pepper, diced
- * ½ (5 ounce) package fresh spinach
- * ½ large red onion, diced
- * 1 tablespoon balsamic vinegar
- * 1 tablespoon olive oil
- * 1 ½ teaspoons lemon juice
- * 1 clove garlic, chopped
- * ground black pepper to taste
- * 2 tablespoons crumbled goat cheese, or to taste

Directions:

Bring water to a boil in a saucepan. Add quinoa and bring back to a boil. Reduce heat and cover; simmer until tender, about 20 minutes. Pour into a strainer; run cold water over quinoa to cool slightly.

Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add sweet potato and beet; cover and steam until tender, about 15 minutes. Add edamame; steam until tender, about 5 minutes. Drain and cool until running water.

Combine tomato, red bell pepper, spinach, red onion, balsamic vinegar, olive oil, lemon juice, garlic, and black pepper in a large bowl. Fold in cooked quinoa, sweet potato, beet, and edamame. Top salad with goat cheese.

Nutritional Information:

Serves: 2

Per Serving: 368 calories; protein 11.7g; carbohydrates 55.7g; fat 12g; cholesterol 5.6mg; sodium 147.5mg.