



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Get a Healthier Start to 2023 - with FISH!

As you focus on ways to be healthier in 2023, eating at least 2 servings of fish or seafood each week has great advantages. Fish offers high-quality protein with heart-healthy Omega-3 fatty acids. Fish offers high-quality protein with heart-healthy Omega-3 fatty acids. It also contains beneficial minerals including calcium, phosphorus, iron, zinc, iodine, magnesium, and potassium. Many of these nutrients help to lower blood pressure and reduce the risk of a heart attack or stroke. The Omega-3 fatty acids may also decrease risk of depression, ADHD, Alzheimer's and dementia, diabetes, plus arthritis or other conditions caused by inflammation.



Did you know...

Tilapia is an excellent source of Vitamin D, a nutrient necessary to support the immune system, nerves, and muscles.

Scan the QR code to view this recipe and others on the InSeason YouTube channel.



Broiled Tilapia in Tomato-Jalapeno Escabeche

Ingredients:

- 2 Tbsps. olive oil
- 1 Tbsp. Cajun seasoning
- 4 tilapia fillets (about 1-1/4 pounds)
- 3 garlic cloves, chopped
- 1 large carrot, finely chopped
- 1 large jalapeño pepper, thinly sliced
- 1/2 small yellow onion, finely chopped
- 2 cups halved cherry or grape tomatoes
- 1/2 cup red wine vinegar
- 3/4 tsp. kosher salt
- 1/2 tsp. fresh ground black pepper plus additional for serving (optional)
- 1/4 cup chopped fresh green onions (optional)



Directions:

1. Place oven rack 4 inches from broiler; preheat broiler to high.
2. In small bowl, whisk 1 Tbsp. oil and seasoning, then brush over tilapia.
3. In large, oven-safe skillet, heat remaining 1 Tbsp. oil over medium heat. Add garlic, carrot, jalapeño, and onion; cook 5 minutes or until fragrant and starting to brown, stirring frequently. Stir in tomatoes, vinegar, salt, and pepper. Makes about 3 cups escabeche.
4. Add tilapia to the skillet with escabeche, then transfer to the oven. Broil 6 minutes or until internal temperature of tilapia reaches 145°F; serve sprinkled with green onions and pepper, if desired.