Ginger-Lime Tilapia with Pineapple Salsa

Preheat oven to 400° F. Spray a 12 x 9” baking dish with nonstick cooking spray. Place tilapia in dish and sprinkle with olive oil, salt, ginger, and lime juice; bake until fish is opaque and flakes easily with a fork, about 12-15 minutes. Meanwhile, combine pineapple, red pepper, and cilantro; spoon over tilapia before serving.

Nutrition Information (per 1/4 recipe): 153 cal, 23 g protein, 4 g fat, 1 g sat. fat, 0 g trans fat, 7 g carb, 1 g fiber, 57 mg chol, 133 mg sodium. 1 serving equals: 0.5 vegetable, 0.5 fruit, 1 protein/ dairy

Sautéed Summer Squash with Sun-dried Tomatoes

Slice zucchini and squash lengthwise and then crosswise on the diagonal into ½” slices. Warm oil in a large skillet over medium-high heat. Add zucchini and yellow squash; season with salt, pepper, and dried thyme. Sauté for 4-5 minutes until lightly golden, stirring frequently. Add sun-dried tomatoes and stir to heat through.

Nutrition Information (per 1/4 recipe, about 1-½ cups): 74 cal, 3 g protein, 4 g fat, 0.5 g sat. fat, 0 g trans fat, 9 g carb, 3 g fiber, 0 mg chol, 178 sodium. 1 serving equals: 3 vegetables, 1 fat

Whole Wheat Couscous

Pour chicken broth in medium saucepan; cover and bring to a boil over high heat. Add couscous and stir. Remove from heat, cover, and let stand 5 minutes. Fluff with a fork.

Nutrition Information (per 1/4 recipe): 176 cal, 8 g protein, 0.5 g fat, 0 g sat. fat, 0 g trans fat, 37 g carb, 6 g fiber, 0 mg chol, 214 mg sodium. 1 serving equals: 1 whole grain

Total Meal Nutrition Information (per 1/4 of each recipe): 403, 34 protein, 8.5 g fat, 1.5 g sat. fat, 0 g trans fat, 53 g carb, 10 g fiber, 57 mg chol, 525 mg sodium. 1 serving equals: 3.5 vegetables, 0.5 fruit, 1 whole grain, 1 protein/ dairy, 1 fat
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Shopping List

Produce Section
- 1 lime (to yield 2-3 T. juice)
- 1 cup diced fresh pineapple
  OR pineapple tidbits canned in juice
- ½ red bell pepper
- 2 T. chopped fresh cilantro
- 2 zucchini
- 2 yellow squash
- 1/3 cup julienne cut sun-dried tomatoes (see tip #1)

Dry Goods Section
- 1-½ cups reduced-sodium chicken broth (see tip #2)
- 1 cup uncooked whole wheat couscous (see tip #3)
- 1-½ T. olive oil
- ½ tsp. dried thyme

Meat/ Dairy Section
- 4 (4 oz.) pieces of tilapia or other white fish

Smart Shopper Tip #1:
Look for sun-dried tomatoes in the produce section or with the salad dressings and croutons in your local supermarket. Choose the dry packed sun-dried tomatoes. If they are tough, soak them in warm water to soften. You can thinly slice sun-dried tomatoes with a sharp knife or kitchen shears.

Smart Shopper Tip #2:
Since store-bought chicken stock is high in sodium, be sure to use a reduced-sodium or low-sodium variety, such as Swanson’s Natural Goodness, College Inn Light & Fat Free, or Pacific Foods Low-Sodium. Vogue Cuisine makes a line of very low sodium soup bases with all natural ingredients. Their VegeBase, Chicken Base, and Beef Base are less expensive than store-bought broth and lower in sodium.

Smart Shopper Tip #3:
Couscous is a tiny pasta that cooks in only 5 minutes. Choose the whole wheat variety for more fiber and nutrients. Fantastic Foods and Near East make whole wheat couscous that is available in most supermarkets. Couscous is delicious when combined with finely diced fruits, vegetables, nuts, or fresh herbs.
Other couscous combinations to try:
~ dried cranberries and pecans
~ chopped tomatoes, black olives, and parsley
~ diced red, green, and yellow peppers
~ chopped cooked spinach, artichokes, and lemon

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