



Northeast Georgia Medical Center
BARIATRIC WEIGHT LOSS CENTER



Lemon Caper Baked Tilapia

Serves: 4-6 Serving Size: 4oz

Ingredients:

- 4 fresh tilapia fillets
- 3 Tbsp olive oil
- 3 Tbsp fresh lemon juice
- 1 ½ tsp garlic powder
- 2 Tbsp capers, drained
- ½ tsp ground oregano or 1 tsp oregano leaves
- 1/8 tsp paprika
- Salt to taste

1



Northeast Georgia Medical Center
BARIATRIC WEIGHT LOSS CENTER

Steps:

1. Place tilapia in an ungreased 13x9-in. baking dish. In a small bowl, combine the olive oil, lemon juice and garlic powder; pour over the fillets.
2. Sprinkle with salt to taste, oregano, paprika and capers.
3. Bake, uncovered, at 425° until fish just begins to flake easily with a fork, 10-15 minutes.

Nutrition Facts (per serving):

Calories: 197, Protein: 23g, Fat: 11g, Saturated Fat: 2g, Carbohydrates: 1.7g, Sugars: 2g, Sodium: 550mg
Recipe and photo source: www.tasteofhome.com

2