



## Easy Oven Packet Caribbean Tilapia with Pears and Carnival Roasted Potatoes

Serves: 4

### INGREDIENTS:

#### Carnival Roasted Potatoes

- 2 small red potatoes
- 2 small Yukon potatoes
- ½ yellow bell pepper, cut into 1" chunks
- 1 cup green beans (fresh, frozen, or canned)
- 1 Roma tomato, cut into wedges
- 2 tbsp chopped white onion
- 1 garlic clove, minced
- ¼ tsp salt (optional)
- 1 tbsp olive oil



#### Tilapia Oven Packets

- 4 4-oz (1 lb total) tilapia fillets, fresh, or frozen
- 1 tbsp salt-free Caribbean citrus seasoning blend
- 2 tsp olive oil
- 3 D'Anjou pears

### Directions:

1. Heat oven to 425 °F. Scrub potatoes under running water, cut into 1-inch chunks. In a large bowl, toss potatoes with other vegetables, seasonings, and olive oil. Spread mix in a 2-quart baking dish and place in oven. Roast until potatoes and other vegetables are tender, about 30-40 minutes.
2. About 15 minutes after the potato dish was placed in the oven, put in the cookie sheet with fish packets, prepared as follows: Brush fish with olive oil, coat with seasoning blend. Place each filet in the center of a square of aluminum foil (or substitute foil with parchment paper). Cut pears into quarters and core; slice into thin wedges (about 8-12





per pear). Top fish with pear wedges. Bring the foil over the fish and fruit. Fold and pinch the seams.

3. Place foil packets on a cookie sheet. Bake about 20 minutes, until tilapia is cooked to an internal temperature of 145 °F, confirmed with a food thermometer, and fruit is tender.

4. To serve, carefully open the packet, slide contents onto individual serving plates, and add roasted vegetables.

**Nutrition Facts:** Calories, 380; Calories from fat, 70; Total fat, 8g; Saturated fat, 1.5g; Trans fat 0g; Cholesterol, 55mg; Sodium, 220mg; Total Carbohydrate, 54g; Fiber, 8g; Protein, 28g; Vit. A, 8%; Vit. C, 110%; Calcium, 6%; Iron, 15%.

Source: [www.choosemyplate.gov](http://www.choosemyplate.gov)

