



Photo: Christopher Testani

## BAKED TILAPIA WITH GARLICKY GREEN BEANS AND ROASTED TOMATOES

**Yield: Serves 4 (serving size: 1 fillet, 2 tomato halves, and 3/4 cup green beans)**  
**Total time: 48 minutes**

### Ingredients

- › 4 plum tomatoes, halved lengthwise
- › Cooking spray
- › 3/4 teaspoon kosher salt, divided
- › 1/2 teaspoon freshly ground black pepper, divided
- › 1 tablespoon olive oil
- › 2 garlic cloves, thinly sliced
- › 12 ounces green beans, trimmed
- › 1/4 cup canola mayonnaise
- › 2 teaspoons fresh lemon juice
- › 1-1/2 teaspoons chopped fresh tarragon
- › 1 teaspoon Dijon mustard
- › 4 (6-ounce) tilapia fillets
- › 1/3 cup panko (Japanese bread crumbs)
- › 8 lemon wedges

Source: Printed with permission of *Cooking Light*, March 2015

### Preparation

1. Preheat oven to 500° F.
2. Place tomatoes, cut sides up, on a foil-lined baking sheet coated with cooking spray. Coat tomatoes with cooking spray; sprinkle evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper. Bake at 500° F for 5 minutes.
3. Reduce oven temperature to 450° F (do not remove pan from oven). Combine 1/4 teaspoon salt, oil, garlic and green beans on a large piece of foil; toss to coat. Fold foil over, and seal tightly to form a packet. Place packet on baking sheet with tomatoes; bake at 450° F for 20 minutes.
4. Combine mayonnaise, lemon juice, tarragon, and Dijon mustard in a bowl, stirring with a whisk. Sprinkle fillets evenly with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper. Spread mayonnaise mixture evenly over one side of fillets. Top evenly with panko, and coat with cooking spray.
5. Remove pan from oven. Move tomatoes and packet to one side of pan. Arrange fillets on other side of pan. Bake at 450° F for 6 minutes. Turn broiler to high (do not remove pan from oven). Broil 3 minutes or until panko is golden and fish flakes easily when tested with a fork. Serve with green beans, tomatoes and lemon wedges.

### Nutritional information

#### Amount per serving

- › Calories: 297
- › Fat: 10.6 g
- › Saturated fat: 1.5 g
- › Monounsaturated fat: 5.7 g
- › Polyunsaturated fat: 2.5 g
- › Protein: 37 g
- › Carbohydrate: 14 g
- › Fiber: 4 g
- › Cholesterol: 85 mg
- › Iron: 2 mg
- › Sodium: 608 mg
- › Calcium: 65 mg

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