



## Yogurt Marinade Tilapia



Makes 4 servings

### Ingredients

- ¾ cup plain low-fat Greek yogurt, divided
- 3 cloves garlic, roughly chopped
- 1 1-inch piece of fresh ginger, peeled
- 1 ½ tablespoons freshly squeezed lemon juice
- ½ teaspoon dried dill weed
- ⅛ teaspoon ground cayenne pepper
- 1 ½ tablespoons fresh chopped cilantro
- 1 teaspoon balsamic vinegar
- 4 dried bay leaves
- 4 6-ounce fillet tilapia

### Directions

1. In a blender, combine ½ cup yogurt, garlic, ginger, lemon juice, dill weed and cayenne pepper. Blend until smooth.
2. In a small bowl, combine remaining yogurt, 3 tablespoons yogurt marinade (made in step 1), cilantro and balsamic vinegar. Stir until well-combined, cover and place in the refrigerator.
3. In a large bowl, combine remaining yogurt marinade (made in step 1) and bay leaves. Add tilapia fillets and flip until evenly coated. Allow to set at room temperature for 15 minutes.
4. Preheat broiler.

(directions continued on back)



MAIN DISH



### Directions (continued)

5. Transfer tilapia fillets to a broiler pan and pour any remaining yogurt marinade from the bowl over the top. Broil for 6 to 8 minutes or until tilapia flakes easily with a fork.
6. Serve warm with sauce (made in step 2). Enjoy!

\*Option not included in nutrition facts.

♥ = heart smart

⊗ = low sodium

Ⓞ = gluten free

Visit [allinahealth.org/recipes](http://allinahealth.org/recipes) for more healthful recipe ideas.

© 2019 ALLINA HEALTH SYSTEM. TM – A TRADEMARK OF ALLINA HEALTH SYSTEM. OTHER TRADEMARKS USED ARE OWNED BY THEIR RESPECTIVE OWNERS

nutr-ah-58912 (6/19)

### Nutrition Facts

Serving Size 1 fillet (223g)  
Servings Per Container 4

Amount Per Serving

**Calories 200**    **Calories from Fat 30**

% Daily Value\*

**Total Fat 3g**    **5%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol 85mg**    **28%**

**Sodium 105mg**    **4%**

**Total Carbohydrate 3g**    **1%**

Dietary Fiber 0g    **0%**

Sugars 2g

**Protein 39g**

Vitamin A 2%    • Vitamin C 6%

Calcium 8%    • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: milk, fish  
Carb choices per serving: 0