



Healthy Recipe

BAKED TILAPIA with MANGO CHUTNEY

4	Tilapia filets (5 oz. each)	1/4 tsp.	Cilantro
3/8 tsp.	Mint leaves	1/4 tsp.	Ground cumin
1/4 tsp.	Ground coriander	1 Tbsp.	Raisins
1 Tbsp.	Orange juice	3/8 tsp.	Jalapeno, diced
1 tsp.	Paprika		

Spray cooking sheet pan with vegetable oil spray and place tilapia on the cooking sheet. Sprinkle paprika over tilapia evenly and bake at 300 degrees for 10-12 minutes, until a minimum 145 degrees internal temperature.

While tilapia is cooking, combine remaining ingredients in a mixing bowl and let marinate for 20 minutes.

Serve tilapia with 1-1/2 oz. of chutney sauce.

Nutrition information per serving:

300 calories, 7 gm fat, 1 gm saturated fat, 45 mg cholesterol,
135 mg sodium, 40 gm carbohydrate

Yield: 4 servings

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