



Baked Tilapia with String Beans and Mashed Potatoes

Ingredients:

Baked Tilapia & String Beans

- 2-4 fillets of tilapia
- 1/2-1 bag of string beans
- 2-4 TBSP extra virgin olive oil
- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp black pepper
- 1 lemon, sliced

Mashed Potatoes

- 6-8 medium potatoes (Yukon gold or Russet work well)
- 3-4 TBSP extra virgin olive oil
- 1.5 tsp salt
- 1.5 tsp garlic powder
- 1/2 tsp black pepper
- Water

Directions:

1. Preheat oven to 400 F; Wash string beans
2. Wash and halve potatoes; Cover with water in a large pot over high heat; Bring to a boil; Cook for 25-30 minutes or until tender
3. Place string beans and tilapia on baking sheet; Add seasonings and lemon slices; Bake for 10-12 minutes
4. Drain and mash potatoes; Add olive oil and seasonings
5. Enjoy!

Cookware needed:

- Cutting board
- Baking sheet
- Large pot

Cost: \$

Ease: 

Health Benefit: Tilapia is a great source of lean protein to keep us full and promote blood sugar balance. Potatoes contain fiber to support bowel health and heart health. String beans are rich in vitamin K which plays an important role in bone health and calcium for strong bones