

# Asian Tilapia in Romaine Boats

Recipe courtesy of *Diane's Daily Dish!*

(NOTE: Use the veggies from the Chicken & Barley "Risotto" for easier prep)

## Ingredients:

4 Tilapia filets – about 6 ounces each

2 tsp. low sodium soy sauce

½ cup low sodium veggie, fish or chicken broth

1 cup cooked brown rice, couscous, barley or other favorite grain

2 green onions; thinly sliced

2 tbsp. sesame or peanut oil

2 tsp. low sodium soy sauce

1/4 cup finely chopped celery

1/2 cup combo of your favorite veggies; finely chopped

1 tbsp. dried cilantro

1 tsp. ground ginger

A pinch of freshly ground black pepper

Head of Romaine lettuce; washed and separated into individual leaves

Parmesan cheese to taste

**(continued)**

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## Directions:

Preheat oven to 350°.

Place tilapia, 2 tsp. soy sauce and ½ cup broth in baking dish.

Bake about 10 minutes until fish is done. Drain and set aside to cool.

When cool, place tilapia in large bowl and break into small pieces with forks or your hands.

Add next 8 ingredients (rice through black pepper) and combine well.

Place mixture in fridge until ready to use.

When ready to eat, heat tilapia mixture until warm and scoop into lettuce leaves.

Sprinkle each with Parmesan cheese (if desired).

Enjoy!

Serves 6-8