



BBQ Mango Tilapia



1/2 of recipe: 197 calories, 2.5g total fat (0.5g sat. fat), 500mg sodium, 18g carbs, 1g fiber, 15g sugars, 26.5g protein

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Prep: 10 minutes **Cook:** 10 minutes

Marinate: 30 minutes



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Ingredients

1/4 cup canned tomato sauce
2 tbsp. (1 oz.) mango nectar
2 tbsp. ketchup
2 tsp. brown sugar (loosely packed)
2 tsp. cider vinegar
1 tsp. molasses
1/2 tsp. garlic powder
1/4 cup diced tomatoes
1/4 cup diced mango
Two 4.5-oz. fillets raw tilapia
1 tbsp. chopped cilantro

Directions

In a medium bowl, combine tomato sauce, mango nectar, ketchup, brown sugar, vinegar, molasses, and garlic powder. Whisk thoroughly, and then stir in diced tomatoes and mango. This is your marinade.

Place fish and marinade in a container and toss to coat. Cover and let it marinate in the refrigerator for 30 minutes.

Bring a skillet sprayed with nonstick spray to medium heat on the stove. Add fish and marinade. Once marinade begins to simmer, cover and cook until the fish is tender and cooked through, about 5 minutes.

Plate the tilapia and top with any excess marinade from the skillet. Garnish with cilantro and enjoy!

MAKES 2 SERVINGS

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