WHAT'S COOKING IN THE MARKET?
Oven Baked Swai

Servings: 2

Ingredients

(4 ounce) fillets swai fish
salt and ground black pepper to taste
1 tablespoon olive oil, or as needed
1 onion, chopped
1 clove garlic, minced
1 (14.5 ounce) can petite diced tomatoes

Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. Place swai fish in a glass casserole dish and season with salt and black pepper.
3. Heat olive oil in a large skillet over medium heat; cook and stir onion until softened, about 10 minutes. Add garlic and cook until fragrant, about 1 minute.
4. Pour tomatoes over onion mixture; cook and stir until heated through, about 5 minutes. Spoon tomato mixture over fish.
5. Bake in the preheated oven until fish flakes easily with a fork, about 20 minutes.

Adapted from allrecipes.com

NUTRITION INFORMATION PER SERVING

Key Nutrients	Amount	% Daily Value
Total Calories	260	
Total Fat	14g	21 %
Saturated Fat	2.5 g	13 %
Trans Fat		
Cholesterol	57mg	19 %
Sodium	470mg	19 %
Carbohydrates	12g	4 %
Dietary Fiber	3g	11 %
Sugars	7g	
Protein	19g	

MYPLATE FOOD GROUPS

- [ ] Grains
- [ ] Fruits
- [ ] Vegetables
- [x] Protein
- [ ] Dairy

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