

# Carolina Greens w/Baked Tilapia

3 Servings | 1 Leanest | 3 Green | 3 Condiments | 2 Healthy Fats

## Ingredients

1 clove garlic, minced  
¼ tsp freshly ground black pepper  
1 cup (1-2 medium 2-3/5) plum tomatoes, seeded and chopped  
25-27 oz raw tilapia (should yield three 7-oz cooked servings) 4 cups (1 small-medium bunch) fresh collard greens, chopped  
2 cups (1 small bunch) fresh kale, chopped  
1 cup (2 medium 2-3/5) fresh tomatoes, diced  
½ cup water  
3 Tbsp white onion, chopped  
3 Tbsp Tabasco® Sauce  
2 Tbsp olive oil  
1 tsp ground cumin  
¼ tsp salt or less (optional)

## Instructions

Preheat oven to 350° F. Brush olive oil over tilapia and place in a glass pan. If desired, add a dash of salt and ¼ tsp black pepper. Add ½ cup water to bottom of pan to help keep tilapia moist while baking. Bake 25 minutes. While tilapia is baking, dice tomatoes, onions, and garlic. Wash collard greens and kale; remove large stems and any discolored leaves. Chop collard greens and kale by stacking leaves and slicing them cross-wise into small squares (about the size of a postage stamp). Combine tomatoes, onions, cumin, garlic, and Tabasco® Sauce in a saucepan; cover and cook 7 minutes on medium heat. Add greens and stir 1 minute. Cover and allow to gently simmer, stirring frequently, 15 minutes or until greens are tender. Remove tilapia from oven. Divide greens onto three plates and place tilapia over greens.