

# Layered Tilapia & Spinach

6-8 tilapia fillets (or any light fish you like)  
2 medium tomatoes, sliced  
2 tablespoons olive oil  
Zest and juice of 1 lemon (zest is optional)  
¼ cup olives, cut into quarters (optional)  
½ bag (2 cups) baby spinach  
½ cup low-fat yogurt  
½ cup canola mayonnaise  
½ cup shredded Parmesan cheese  
1/8 cup chia seeds  
Salt and pepper to taste



Preheat oven to 450 degrees. Grease a 9 X 13 baking pan with 1 tablespoon of olive oil. Layer the sliced tomatoes on the bottom of the pan; sprinkle the olives and lemon zest over the tomatoes. Next, layer the spinach on top of the tomatoes. Layer the tilapia fillets over the spinach, then drizzle the rest of the olive oil over the fish.

In a small bowl, mix the yogurt, mayonnaise, lemon juice, chia seeds, Parmesan cheese, and salt and pepper. Spread this mixture over the fish fillets, covering the fish well. Bake at 450 degrees for 25 minutes, or until the top is golden brown. Serve with brown rice or whole wheat cous cous for a delicious, healthy meal! This will yield 6 servings

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