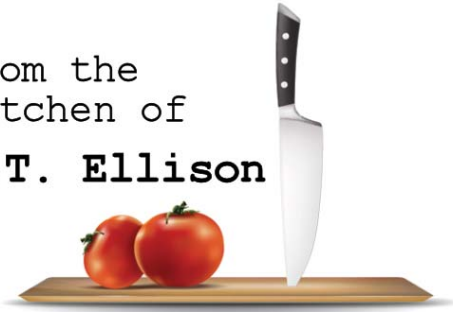


From the
kitchen of

J.T. Ellison



Ingredients:

- ✓ 4 (4-oz.) filets of fresh tilapia
- ✓ 3 carrots, thinly sliced
- ✓ 3 red potatoes: peeled, cut into strips, and par-boiled
- ✓ 4 fresh sprigs of rosemary
- ✓ 4 fresh springs of thyme
- ✓ 1/4 cup green onion, chopped
- ✓ 1 lemon, juice and zest
- ✓ 1 lime, juice and zest

Baked Tilapia with Mango Salsa

(A Very Special Guest Recipe from LOVE THAT! Brenda Novak's Every Occasion Cookbook)

In addition to her amazing box set compilations, Brenda has also put together a wonderful, healthy, fresh cookbook. It's a beautiful book, full of incredibly easy and delicious meals. I've taken two of the recipes and combined them into a meal for one of my favorite dishes – flaky white fish with mango salsa. I suggest serving this with jasmine rice. And grab your copy of Brenda's cookbook [here!](#)

Directions:

- Preheat oven to 350° F.
- On a large, square sheet of tin foil, put one bundle of fresh herbs: one sprig of rosemary, one spring of thyme, and one quarter of the green onions.
- Grate zest from lemon and lime, and squeeze juice from both.
- Add 1 filet of tilapia and one quarter of the vegetables (potatoes need to be par-boiled, or they will be crisp).
- Salt and pepper, to taste.
- Fold the foil around the fish, vegetables and herbs, creating a package.
- Bake for 14 to 16 minutes.
- Open packets and plate, covering with mango salsa. Goes great with jasmine rice.

*As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com.
Want a wine to go with your recipe? Check out J.T.'s wine blog,
The Wine Vixen, at TheWineVixen.com.*

