

# Josh's Spinach & Gruyere Stuffed Tilapia

## INGREDIENTS

- 3 tsp extra-virgin olive oil divided
- 1/4 cup finely diced onion
- 1 small clove garlic, minced
- 1 1/2 cups baby spinach chopped
- 1 lemon, divided
- 1/4 cup coarse dry whole-wheat breadcrumbs (panko)
- 1/4 cup shredded Gruyère cheese
- 2 Tbsp finely chopped almonds, toasted
- 1 large egg, beaten
- 2 tsp low-fat mayonnaise
- 1/4 tsp salt, divided
- 1/4 tsp pepper, divided
- 2 large tilapia fillets



## METHOD

1. Preheat the oven to 200 degrees. Coat a 9-by-13-inch baking dish with cooking spray.
2. Heat 2 tsp oil in a medium non-stick skillet over medium heat. Add onion; cook, stirring, until soft, about 2 minutes. Add garlic, cook for 15 seconds, then add spinach and cook, stirring, until wilted, about 1 minute. Transfer the vegetables to a bowl and let cool for 2 minutes.
3. Cut lemon in half; juice one half and add the juice to the vegetables. Add breadcrumbs, cheese, almonds, egg, mayonnaise and 1/8 teaspoon each salt and pepper; stir to combine.
4. Sprinkle fish with the remaining 1/8 teaspoon each salt and pepper, then cut each fillet in half lengthwise. Place 1/4 cup of the spinach stuffing in the middle of each piece of fish. Roll up from the small end and place seam-side down in the prepared baking dish. Brush the stuffed fish with the remaining 1 teaspoon oil. Cut the remaining lemon half into 4 slices and place one on each roll.
5. Bake until the tilapia is opaque in the middle, 12 to 15 minutes.
  - Use two larger fillets cut lengthwise to make these savory tilapia rolls. Or look for frozen tilapia "loins" and use one loin per roll.