



Baked Tilapia and Vegetables

Serves: 2

Ingredients:

- 1 green zucchini, julienned
- 1 red bell pepper, julienned
- 2 tilapia fillets
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon paprika
- ½ teaspoon garlic
- ½ teaspoon onion powder
- 2 tablespoons olive oil

Directions:

1. Wash and julienne vegetables; set aside.
2. Combine all seasonings in a bowl; set aside.
3. Place sliced vegetables on NuWave Brio Grill Pan.
4. Place fish atop vegetables and brush with olive oil.
5. Sprinkle seasonings on fish.
6. Insert Grill Pan into NuWave Brio Basket and cook at 360°F for 12 minutes.