

# SPOTLIGHT RECIPE



## COSTA RICAN TILAPIA

### For the tilapia marinade

- Combine the lime juice, 1 tablespoon of olive oil, 2 tablespoons of cilantro, 1 teaspoon of garlic, 1/2 teaspoon of salt and the sugar in a shallow dish. Add the tilapia and marinate 15 minutes, turning once.

### For the beans-and-rice mixture

- Heat the oven to 400 F.
- Cook the rice according to package directions and keep it warm while the tilapia is marinating.
- In a large, high-sided skillet or saucepan, heat 2 tablespoons of olive oil on medium heat. Add the remaining garlic and onion; sauté until translucent, about 5 minutes, stirring. Add 2 tablespoons of the cilantro, oranges, tomatoes, beans, oregano, 1 teaspoon salt, black pepper and cayenne. Cook, uncovered, until hot, 7 to 8 minutes, stirring occasionally.
- Transfer the rice to a 9-by-13-inch or 2 1/2-3-quart baking dish. Spoon the bean mixture on top of the rice and gently blend. Slightly overlap the tilapia fillets on top and scrape the marinade over the fillets. Bake until the flesh of the tilapia just begins to flake at the nudge of a fork, 16 to 20 minutes.

## Ingredients

### Servings: 6

- 3 tablespoons fresh lime juice
- 3 tablespoons olive oil, divided
- 4 tablespoons fresh cilantro or parsley, finely chopped, divided
- 4 teaspoons garlic, minced, divided
- 1 1/2 teaspoons kosher salt, divided
- 1/4 teaspoon sugar
- Six 5-ounce tilapia fillets
- 3/4 cup long-grain rice
- 1 cup onion, chopped
- 2 oranges, peeled, seeded, coarsely chopped
- One 28-ounce can diced tomatoes, undrained
- One 15-ounce can black or pinto beans, drained, rinsed
- 1 teaspoon dried oregano leaves
- 1/2 teaspoon black pepper, freshly ground
- 1/4 teaspoon cayenne pepper