

Taste of Home



Mediterranean Tilapia

🕒 Total Time Prep/Total Time: 20 Min.

Yield 6 Servings



✅ Test Kitchen Approved

I recently became a fan of tilapia. The mild taste makes it easy to top with our favorite ingredients. And it's low in calories and fat. What's not to love? —Robin Brenneman, Hilliard, Ohio

Ingredients

- 6 tilapia fillets (6 ounces each)
- 1 cup canned Italian diced tomatoes
- 1/2 cup water-packed artichoke hearts, chopped
- 1/2 cup sliced ripe olives
- 1/2 cup crumbled feta cheese

Directions

- 1** Preheat oven to 400°. Place fillets in a 15x10x1-in. baking pan coated with cooking spray. Top with tomatoes, artichoke hearts, olives and cheese. Bake, uncovered, until fish flakes easily with a fork, 15-20 minutes.

Nutrition Facts

1 fillet: 197 calories, 4g fat (2g saturated fat), 88mg cholesterol, 446mg sodium, 5g carbohydrate (2g sugars, 1g fiber), 34g protein. **Diabetic exchanges:** 5 lean meat, 1/2 fat.

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RECIPE CREATOR

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