Prep time: 10 minutes
Cook time: 14 minutes
Serves: 4
Cost per Serving: $

Roasted Tilapia with Orange Parsley Salsa

Ingredients:
- 3 oranges (about 1 pound) $
- 1/4 cup chopped fresh parsley, divided
- 2 tablespoons extra-virgin olive oil, divided
- 3/4 teaspoon salt, divided
- 4 (6-ounce) tilapia fillets $
- 1/2 teaspoon freshly ground black pepper, divided
- 2 cups hot cooked instant white rice

Directions:
1. Grate 2 teaspoons orange rind.
2. Peel and section oranges over a bowl, reserving 2 tablespoons juice.
3. Chop sections. Combine rind, chopped orange, 2 tablespoons parsley, 5 teaspoons oil, and 1/4 teaspoon salt in a bowl; toss well.
4. Preheat oven to 400°.
5. Sprinkle fish evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper.
6. Place fish in an ovenproof skillet coated with remaining 1 teaspoon oil.
7. Bake at 400° for 14 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
8. Combine 2 tablespoons reserved juice, remaining 2 tablespoons parsley, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and rice.
9. Spoon 1/2 cup rice onto each of 4 plates.
10. Top each with 1 fillet and 1/4 cup salsa.