



Healthy Food for Kids

5

Tasty, Cost-Effective, and Nutritious Recipes!

Baked Lemon
Butter Tilapia

Ingredients



Ingredients Not Likely At Home

Ingredient	Brand	Price per unit	Store
1/4 cup unsalted butter	Good and Gather Unsalted Butter	\$3.19/lb. (4 sticks)	Target
3 cloves garlic		\$0.50/10-12 cloves	Ralphs
2 tablespoons lemon juice from a lemon		\$0.79/large lemon	Ralphs
4 (6 oz.) tilapia filets	Kroger Boneless and Skinless Tilapia	\$9.99/32 oz. (8 filets)	Ralphs

Ingredients Likely At Home

Salt (to taste)	Morton Iodized Salt	\$0.87/26 oz.	Target
Ground black pepper (to taste)	McCormick Pure Ground Black Pepper	\$5.69/6 oz.	Target

Cost of Ingredients Not Likely at Home:
\$14.47 (Total); \$3.62 (per serving)

Cost of Ingredients Not Likely at Home + Likely at Home:
\$21.03 (Total); \$5.26 (per serving)

Recipe



Prep Time:
10 min
Cook Time:
10 min

1.

- Preheat the oven to 425 degrees Fahrenheit
- Lightly oil a 9 x 13 baking dish or coat with nonstick spray

2.

- In a small bowl, whisk together butter, garlic (minced), lemon juice, and lemon zest
- Set this aside for later

3.

- Season the tilapia with salt and pepper (to taste) and place onto the baking dish
- Drizzle the fish with the butter mixture that was set aside

4.

- Place into the oven and bake until the fish flakes easily with a fork (about 10-12 minutes)

5.

- Serve immediately and top with cilantro or parsley, if preferred



Nutrition Facts

4 servings per recipe

Serving size

1 filet

Amount per serving

Calories

323.8

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 8.8g **44%**

Trans Fat 0.6g

Cholesterol 127.5mg **42%**

Sodium 686.7mg **29%**

Total Carbohydrates 1.1g **0%**

Dietary Fiber 0.2g **1%**

Total Sugars 0.1g

Includes 0g Added Sugars **0%**

Protein 44.8g **90%**

Vitamin D 6.42mcg **64.2%**

Calcium 33.02mg **3.3%**

Iron 1.27mg **7.0%**

Potassium 666.59mg **19.0%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

A graphic of a spotlight with a yellow beam of light shining down on the text.

Nutrition Spotlight

Omega-3 Fatty Acids

Have you ever wondered why people praise fish oil and fish fat over other types of fat? It is because of Omega-3 polyunsaturated fatty acids! Omega-3-fatty acids (aka n-3 PUFAs) are a specific type of fat or lipid found in fish and flaxseed. Although tilapia offers less Omega-3 than other fish like salmon, it is more affordable and still provides more Omega-3s than other types of meat such as chicken or pork. It is recommended that children 4-8 years old consume 0.9g of Omega-3s everyday and children 9-13 years old consume 1-1.2g. Omega-3 is used by our bodies to regulate the nervous system, blood pressure, and inflammation while preventing some types of cancer and heart disease.

There are three types of Omega-3 fatty acids: EPA, DHA, and ALA. EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are found in fish and shellfish and provide most of these health benefits. ALA (alpha-linoleic acid) is found in plants like flaxseed and do not provide as many health benefits because the body uses a lot more energy to convert ALA into DHA or EPA. Because our bodies cannot create DHA or EPA on its own, we need to consume Omega-3 fatty acids in order to provide our bodies with these essential nutrients.

Thank you for reading!

We hope this was helpful for you and your family! Please let us know if you have any suggestions by filling out this survey: <https://forms.gle/rgpiHqRozEUdiNi38>

For more information, please refer below to the sources used to create the brochure!

Sources:

The recipe was adapted from Chungah Rhee's recipe, found here: https://d***delicious.net/2016/04/30/baked-lemon-butter-tilapia/

The 'nutrition facts' label was created by inputting ingredients into Cronometer and is only an approximation: <https://cronometer.com/>

The information on Omega-3 Fatty Acids was retrieved from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6357022/>
<https://ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/>

**Nutrition label is only an approximation*

***We do not endorse any brands or stores nor are we sponsored by any brands or stores. Our suggestions for ingredients are based on research of local grocery store prices*

****If you have a medical emergency, please see a doctor. These diets are for a healthy individual, so if you have additional medical requirements or restrictions please consult a doctor*