

One-Dish Italian Fish (makes 4 servings)

2 cups instant white rice, uncooked
1 cup water
1 lb tilapia fillets
14.5 oz can diced tomatoes, undrained
1/4 cup Italian dressing
1/2 cup shredded part-skim mozzarella cheese

Directions:

Mix rice and water in a shallow, microwaveable dish. Arrange fish fillets over rice. Pour tomatoes with their liquid, and Italian dressing over fish. Cover loosely with plastic wrap. Microwave on high 8 minutes. Remove plastic wrap; sprinkle with cheese. Cover loosely with plastic wrap. Microwave an additional 4 minutes or until fish flakes easily with a fork and rice is tender. Serves 4.