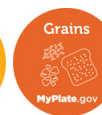


Ginataang Tilapia (Fish With Coconut Milk)

Prep Time: 15 minutes Total Time: 1 Hour



**Eat Smart
Move More**
Virginia Cooperative Extension • Family Nutrition Program



Ingredients

- 1 Tablespoon Olive Oil
- 1 Jumbo Red Onion
- 4-5 Green Onions
- 2 Jalapeño Peppers
- 1 (2-inch) Piece Ginger
- 1 Tin Oil-Packed Anchovies
- 2 Large Tomatoes
- 2 Cans Unsweetened Coconut Milk
- ¼ Teaspoon Ground Black Pepper
- 1, 8 oz Tilapia Filet
- 3 Cups Baby Spinach
- 1 Medium Lime

Directions

1. Peel and mince ginger, then slice jalapenos into thin rounds. Thinly slice the green onions. Finely chop red onion. Zest the lime, set all ingredients aside.
2. Heat olive oil in a pot over medium heat. Add the chopped ingredients, anchovy fillets in oil, and break up the anchovy fillets into small pieces and cook, stirring occasionally for 8 minutes.
3. Cut tomatoes into large dice and add to pot. Simmer for 10 minutes, then add the coconut milk and simmer for another 8 minutes.
4. Add the tilapia filet and simmer on low-medium heat for 7 minutes. Add baby spinach and simmer for 3 more minutes or until fish flakes with a fork.
5. Remove from heat and serve over rice

Nutrition Facts

servings per container
Serving size (237g)

Amount per serving
Calories **170**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 600mg **26%**

Total Carbohydrate 13g **5%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 13g

Vitamin D 0mcg **0%**

Calcium 70mg **6%**

Iron 1.6mg **8%**

Potassium 520mg **10%**

*The % Daily Value 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.

Follow Us | Like Us



@VaFNP

www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material is partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP) and the Expanded Food and Nutrition Education Program (EFNEP).

**Virginia
Cooperative
Extension**
Virginia Tech • Virginia State University

Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its programs and employment are open to all, regardless of age, color, disability, sex (including pregnancy), gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, military status, or any other basis protected by law.

(Recipe adapted from: <https://www.thekitchn.com/ginataan-na-sugpo-recipe-23228274#post-recipe-300340317>.)

Philippines

Food and Eating Practices



The Philippines is a beautiful country located in the tropical region of Southeast Asia. It is surrounded by the Pacific Ocean and is recognized for its rich biodiversity, beaches, and volcanoes. This country has a population of 110 million people, and the official languages are Filipino and English.

Overview of Common Foods

- **Staples:** Rice, coconuts, and fish
- **Produce:** Sugar cane, coconuts, bananas, and pineapples
- **Animal products:** Fish, chicken, and pork
- **Herbs/spices/flavorings:** Garlic, lemon grass, ginger, bay leaves, and annatto.



Agricultural Products of Country/Region

Produce: Coconuts, rice, corn, sugarcane, cassava, and pineapples

Animal production: hog, cattle, caribao, goat, and fish



Suggested Substitutions for Cultural Foods

- **Fish sauce:** Swap for soy sauce! The flavor can be enhanced with oil from anchovies or other tinned fish.
- **Pancit/rice noodles:** You can use angel hair pasta instead.
- **Palm sugar:** Swap for brown sugar, if you have it.
- **Calamansi:** It's easy to trade this traditional Filipino citrus fruit for lemon or lime in your own kitchen.



Other Useful Information about the Philippines

Population: 110 million

Official Languages: Filipino and English

Currency: Philippine Peso

Measurement System: The metric system

Health: Emphasis on community and traditional healing as well as modern medicine

For more info about the Philippines, visit www.Britannica.com and search "Philippines"

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program—SNAP. Virginia Cooperative Extension programs and employment are open to all. Virginia Cooperative Extension is an equal opportunity/affirmative action employer.



www.eatsmartmovemoreva.org

