

FLOUNDER 2 WAYS

OVEN BAKED FLOUNDER

INGREDIENTS

- 4 Non-stick 'butter'cooking spray
- 4 Tilapia (fillets)
- 4 Salt & pepper (to taste)
- 4 Dill
- 1 Lemon (juice) (zest)
- 1 Garlic spray
- 2 T Earth balance margarine (divided into 4 pieces)



DIRECTIONS

- 1 Pre-heat oven to 375 F
- 2 Coat a large cast iron pan or one of the new green pans with the non-stick butter spray
- 3 Rinse fish & pat dry
- 4 Season the fish on both sides with the salt, pepper, smoked paprika, lemon juice & zest
- 5 Spray the garlic spray on both sides
- 6 Place the fish in the pan & place the margarine on each fillet
- 7 Cook for 8 - 12 minutes uncovered depending on how 'crisp' you like your fish

SKILLET FLOUNDER

INGREDIENTS

- 4 Non-stick 'butter'cooking spray
- 4 Tilapia (fillets)
- 4 Smoked paprika (to taste)
- 4 Sea salt (to taste)
- 4 Garlic pepper (to taste)
- 4 Chili Powder (to taste)
- 1 Lime (juice)



DIRECTIONS

- 1 Sprinkle tilapia filets with smoked paprika, sea salt, garlic pepper, chili powder & then spray lime juice on both sides
- 2 Spray non-stick 'butter' cooking spray into a large saute pan over medium
- 3 Place fish in the pan & cook at medium-high heat for 4-5 minutes
- 4 Then flip the fish carefully with a wide spatula so the other side can cook 4-5 minutes
- 5 Fish is done when golden brown
- 6 Serve with lemon wedges

NOTE

You can spread a tablespoon of marinara sauce on right before you remove the fish from the pan