

EASY TILAPIA - TWO WAYS

RECIPE # 1

INGREDIENTS

- 4 Tilapia Fillets (6 oz each)
- 1/2 t Thyme (chopped)
- 1/2 t Pepper (ground)
- 1/4 t Salt
- 3/4 C Imagine fat-free vegetable broth
- 2 Portabello (small) mushrooms (sliced thin)
- 2 T Quinoa milk (unsweetened) **OR** Rice Milk
- 2 T Dijon mustard
- Non-stick cooking pray



DIRECTIONS

- 1 Sprinkle fish with thyme, pepper & salt
- 2 Spray saute pan with non-stick cooking pray & heat pan to medium-high
- 3 Add fish & cook 1 minute on each side
- 5 Add broth & when it boils, cover, reduce heat & simmer for 5 minutes
- 6 Add mushrooms & cook open for 1 minute or until mushrooms are tender not crisp
- 7 Remove fish from pan & keep in a warm place
- 8 Add milk & mustard & whisk 1 minute or until thoroughly combined
- 9 Pour over fish & serve

RECIPE # 2

INGREDIENTS

- Non-stick cooking spray
- 2 T Earth Balance margarine
- 2 cloves Garlic (minced)
- 1/8 t Dill **OR** Parsley
- Salt, pepper & smoked paprika (Dash of each)
- 4 Tilapia Fillets (6 oz)

DIRECTIONS

- 1 Pre-heat oven to 350 F
- 2 Spray a saute pan with the non-stick cooking spray & put on low heat
- 3 Put all ingredients in the saute pan except the tilapia
- 4 When margarine has melted & starts simmering remove from the heat
- 5 Spray a baking pan or shallow baking dish with non-stick cooking spray
- 6 Coat the bottom with a little of the mix & place the fillets on top
- 7 Brush top of each tilapia fillet with the seasoned margarine mix
- 8 Bake for 12 - 15 minutes uncovered until fish flakes with a fork



