



Recipe of the Month – March 2014

Pan Fried Tilapia with Orange Sauce

Serves 1

Serving Size: 1 fillet (about 3 ounces)

Ingredients

- 4 small frozen **tilapia fillets*** (fillets should be about ¼” thick)
- 3 tbsp all purpose flour
- 1½ tsp garlic powder
- ½ tsp pepper
- ¼ tsp salt
- 1 to 2 tbsp **vegetable oil**
- 1½ tsp Italian seasoning
- 1 **orange**



Make MyPlate Your Plate

Directions

1. Defrost fish fillets
2. Pat fillets dry with paper towel
3. Put flour, garlic powder, pepper and salt in a plastic bag
4. Add fillets one at a time
5. Shake to coat
6. Heat oil in a large skillet over medium heat until hot
7. Add fillets to skillet
8. Fry until golden brown on one side (about 2 minutes)
9. Turn fish over to sprinkle with Italian seasoning
10. Finish browning fish (heat fish to at least 165°F)
11. Heat orange for 10 seconds in microwave
12. Cut orange in half
13. Squeeze half the juice and pulp from the orange on the fish
14. Plate your fish and scrape the pan juices on top of the fish for serving
15. Use leftover orange for garnish

*You may substitute other firm white fish such as swai, domestic mahi-mahi or halibut

Cost per serving: \$1.44

NUTRITION FACTS PER SERVING: Calories 160, Total Fat 5g , Saturated Fat 1g, Cholesterol 45mg, Sodium 190mg, Total Carbohydrate 10g, Dietary Fiber 1g, Sugars 4g, Protein 18g , Vit A 0%, Vit C 35%, Calcium 4%, Iron 6%