

Citrus Tilapia

Ingredients

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| 1 Tbsp | olive oil |
| 4 (5 oz) | tilapia fillets |
| 1/2 cup | orange juice |
| 1 each | lemon, zested, juiced |
| 1/2 tsp | ginger, fresh, grated |
| 1/2 tsp | tarragon, fresh, chopped |



Fresh citrus and tarragon provide a strong flavor base for this light and flavor-filled Mediterranean Classic.

Directions

In a large skillet over medium heat, heat the oil. Add the fish and cook for 2-3 minutes per side or until golden. Remove the tilapia and set aside.

Add the orange juice, 2 Tablespoons of the lemon juice and ginger to the skillet. Increase the heat and simmer for 1-2 minutes or until thickened, stirring occasionally. Taste and add lemon zest or more lemon juice if necessary.

Return the fish to the skillet, coat with sauce and cook for 1 – 2 minutes, or until heated through.

Yield 4 servings (5 oz each)

Nutritional Information

Calories 180, Fat 6g, Carbohydrates 5g, Cholesterol 70mg, Sodium 75mg, Protein 28g

