

SPICY TILAPIA WITH LIME

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INGREDIENTS

4 4-ounce fillets tilapia or other white fish
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon cayenne pepper
1 teaspoon cumin
1 teaspoon garlic powder
1 teaspoon dried oregano
1 lime, juiced

DIRECTIONS

1. Pat fish dry with paper towels.
2. Mix the spices together in a small bowl. Sprinkle over both sides of the fish and massage gently with your fingers to coat the fish.
3. Use one of the following methods to cook your fish:
4. **Oven:** preheat the oven to 400° F. Place tilapia on baking pan coated with cooking spray or foil. Bake tilapia for 10 to 12 minutes or until fish is fork-tender.
5. **Stovetop:** Heat 1 tablespoon olive oil in a skillet over medium-high heat; cook the tilapia until the fish flakes easily with a fork, about 4 minutes per side.
6. **Broiler:** Preheat broiler to high. Coat a baking pan with cooking spray or foil. Broil for 4 to 7 minutes. The fish will cook very quickly, so after 4 minutes, check to see if they are done by gently inserting a butter knife into the thickest part. If it goes through easily and the fish flakes apart, you're done. If the knife meets resistance and the fish stays together, put the fillets back under the broiler for another few minutes.
7. Sprinkle lime juice over fish and serve with Apple Avocado Salsa or your favorite salsa. Or cut fish into bite-sized pieces and make tacos with corn tortillas.

Yield:

4
servings

Total Cost:

\$6.00

Cost per Serving:

\$1.50

Variations/Tips: For a simpler spice mix, combine 2 teaspoons cumin and 2 teaspoons coriander. Instead of tilapia, you can use cod or any other whitefish. You can often find small fish fillets individually packaged in the freezer section.

Source: Adapted from LeanneBrown.com

Nutritional Info (per serving): 117 calories, 2.1 g fat, 0.7 g saturated fat, 23 g protein, 1.8 g carbohydrate, 0.5 g fiber, 351 mg sodium