

Pan Tilapia

Makes 4 servings

2 T canola oil divided
1 medium onion, medium dice
4 roma tomatoes, medium dice
1 t chopped garlic
1/4 t salt
1/2 t black pepper
1 t curry powder
1/2 cup cornmeal
2 t Mrs. Dash spice blend (or generic no sodium blend)
Pinch salt
4 - 3-4oz. tilapia filets
4 T chopped cilantro



Heat 1 T oil in a flat shallow, non-stick pan on medium high heat. After 30 seconds of heating the oil add onions and cook covered for 2 minutes, stirring once. Add tomatoes, garlic, salt, and curry powder and continue to cook covered for an additional 3 minutes, stirring after each minute. Meanwhile, combine cornmeal Mrs. Dash, and salt on a plate and dust the tilapia with the mixture. Remove the tomato mixture from the pan, set aside, heat another tablespoon of oil for 20 seconds and place tilapia in the pan. Cook 3 minutes, uncovered, ensuring the fish doesn't stick to the pan by moving it every 30 seconds with a heat resistant spatula or wooden implement. Carefully flip each piece of fish and cook an additional 2 minutes. Check that internal temperature of fish is at least 145°F. Serve over brown rice and top with onions and tomatoes.

Nutrition information: 210 calories, 9g fat, 24g protein, 270mg sodium, 2g dietary fiber.
Excellent source of vitamin C. Good source of vitamin A.

