

CUT 

Easy Sautéed Fish Fillets



Where service *and savings* matter.

SERVINGS: 4

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
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calories 180, calories from fat 50, total fat 5g, saturated fat 1g, trans fat 0g, cholesterol 55mg, sodium 350mg, total carbohydrate 8g, dietary fiber 0g, sugars 0g, protein 24g, vitamin A 0%, vitamin C 0%, calcium 2%, iron 6%

- ¼ cup all-purpose flour
- ½ tsp salt
- Freshly ground pepper to taste
- 4 tilapia fillets, about 1 lb total
- 1 Tbsp olive oil

DIRECTIONS:

1. Combine flour, salt and pepper in a shallow dish; thoroughly dredge fillets (discard leftover flour).
2. Heat oil in a large nonstick skillet over medium-high heat.
3. Add the fish, working in batches if necessary, and cook until lightly browned and just opaque in the center, approximately 3 to 4 minutes per side. Serve immediately.

Source: EatingWell For A Healthy Heart

visit unitedtexas.com for more recipe ideas

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Shopping List

PRODUCE:

- 4 pieces tilapia, 1 lb total

SPICES/SEASONINGS:

- Salt
- Ground black pepper

GROCERY/FROZEN/MISCELLANEOUS:

- All-purpose flour
- Extra virgin olive oil