



Tilapia with Fresh Pear Relish



Where service *and savings* matter.

SERVINGS: 4

INGREDIENTS:

- 1 small orange, unpeeled
- 2-3 large ripe pears, peeled, cored, chopped
- ½ cup dried cranberries
- 1 small jalapeno, carefully seeded and chopped
- 2-3 Tbsp honey
- 1 Tbsp fresh lemon juice
- 3 Tbsp apple cider vinegar
- ½ tsp powdered ginger
- ¼ tsp cinnamon
- 1/8 tsp ground cloves
- Salt and pepper to taste
- 1 lb tilapia
- 1 Tbsp Crisco light olive oil
- 1 large lemon, zested
- Salt and pepper to taste

NUTRITIONALS

Nutritional analysis per serving:
 calories 270, calories from fat 50,
 total fat 6g, saturated fat 1g,
 cholesterol 55mg, sodium 360mg,
 total carbohydrate 35g, dietary
 fiber 5g, sugars 27g, protein 24g,
 vitamin A 2%, vitamin C 35%,
 calcium 4%, iron 6%

DIRECTIONS:

1. Grind orange in food processor.
2. Add remaining ingredients and pulse just till chunky.
3. Season fish with lemon zest, salt, and pepper
4. Heat oil in a large nonstick skillet over medium-high heat.
5. Add the fish and cook until lightly browned, 3 to 4 minutes per side.
6. Top the fish with the relish and serve immediately.

Source: Kate Allison-Mills, Guest Experience Coordinator, Market Street 502

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Shopping List

PRODUCE:

- 1 small orange
- 3 large ripe pears
- 1 small jalapeno
- 1 large lemon

MEAT/POULTRY/SEAFOOD:

- 1 lb tilapia

SPICES/SEASONINGS:

- Powdered ginger
- Cinnamon
- Ground cloves
- Salt
- Pepper

GROCERY/FROZEN/ MISCELLANEOUS:

- Dried cranberries
- Honey
- Apple cider vinegar
- Crisco light olive oil

FOLD