

Easy Sautéed Fish Fillets

Quick and Healthy

Prep time: 10 minutes Cook time: 10 minutes

Ingredients:

¼ cup all-purpose flour

½ tsp salt

Freshly ground pepper to taste

4 tilapia fillets, about 1 lb total

1 Tbsp olive oil

Instructions:

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, 3 to 4 minutes per side. Serve immediately.

Serves: 4

Source: Eatingwell For A Healthy Heart

Nutritional analysis per serving: 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%

Serve with Avocado Corn Salsa and Green Beans with Smoked Bacon and Onions.

