

# **Pan-Fried Tilapia**

Cooking Light Magazine

**Servings: 2**

**Start to Finish Time: 10 minutes**

**2 tablespoons olive oil**

**2 tilapia fillets**

**1 tablespoon all-purpose flour**

**salt (to taste)**

**pepper (to taste)**

**1/2 cup cherry tomatoes, cut in half**

**1/2 cup Spanish olives**

**1 teaspoon Italian dressing**

**splash white wine**

In a nonstick skillet, heat olive oil over medium-high heat.

Dust tilapia with the flour and season with salt and pepper.

Fry the fish in the pan until lightly browned. Remove tilapia to plates.

Add cherry tomatoes to skillet, together with the olives, dressing and wine. Stir until heated through.

Serve the sauce over the tilapia.

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Per Serving (excluding unknown items): 141 Calories; 14g Fat (85.0% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 2 1/2 Fat.