

Tilapia & Lemon Sauce

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Servings: 4

Start to Finish Time: 30 minutes

1/4 cup all-purpose flour

1 teaspoon salt

4 (4-ounce each) tilapia filets

2 tablespoons butter

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1 tablespoon all-purpose flour

1/3 cup reduced-sodium chicken broth

2 tablespoons white wine or additional reduced-sodium chicken broth

1 1/2 teaspoons lemon juice

1 1/2 teaspoons fresh parsley, minced

2 cups hot cooked rice

1/4 cup sliced almonds, toasted

In a shallow bowl, combine 1/4 cup of flour and salt. Dip the fillets in the flour mixture.

In a large nonstick skillet coated with cooking spray, cook the fillets in two tablespoons of butter over medium-high heat for 4 to 5 minutes on each side or until the fish flakes easily with a fork. Remove and keep warm.

In the same skillet, melt two teaspoons of butter. Stir in one tablespoon of the flour until smooth.

Gradually add the broth, wine and lemon juice. Bring to a boil. Cook and stir for 2 minutes or until thickened. Stir in the parsley.

Serve the fish and sauce with rice.

Garnish with almonds.

Per Serving (excluding unknown items): 277 Calories; 13g Fat (41.4% calories from fat); 5g Protein; 35g Carbohydrate; 1g Dietary Fiber; 21mg Cholesterol; 614mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat.