

Try it “Tuesdays”

Pan Fried Tilapia with Orange Sauce

Makes: 4 servings— 1 fillet of fish

Nutrition Facts

Serving Size 1 fillet of fish (about 3 ounces)
Servings Per Container 4

Amount Per Serving	
Calories 160	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 190mg	8%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 18g	
Vitamin A 0%	Vitamin C 35%
Calcium 4%	Iron 6%

Ingredients

- 4 small frozen tilapia fillets (about 1 pound total)
- 3 tablespoons all purpose flour
- 1 1/2 teaspoons garlic powder
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt
- 1-2 tablespoons vegetable oil
- 1 1/2 teaspoons dried marjoram or Italian seasoning
- 1 orange

Directions

Defrost and pat dry tilapia with paper towel. Put flour, garlic powder, pepper, and salt in a plastic bag. Add fillets one at a time and shake to coat. Heat oil in a large skillet over medium heat until hot. Add fillets to skillet and fry until golden brown on one side (about 2 minutes). Turn fish over, sprinkle with marjoram or Italian seasoning, and finish browning (heat fish to at least 165°F). Heat orange for 10 seconds in microwave. Cut in half. Squeeze half the juice and pulp from the orange on the fish. Use the other half for garnish. Place fish on a platter. Scrape the pan juices on top of the fish to serve.

For more information, Contact your local EFNEP office

