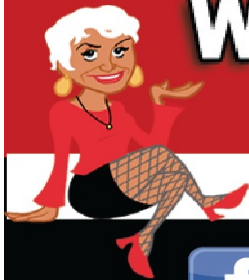


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## **SAUTEÉD TILAPIA WITH LEMON-PEPPERCORN PAN SAUCE**

Basic Lifestyle

### **Ingredients**

3/4 cup fat-free, less-sodium chicken broth  
1/4 cup fresh lemon juice  
1 1/2 TSP drained brine-packed green peppercorns, lightly crushed  
1 TSP butter  
1 TSP vegetable oil  
2 (6-ounce) tilapia or sole fillets  
1/4 TSP salt  
1/4 TSP freshly ground black pepper  
1/4 cup all-purpose flour  
2 TSP butter  
Lemon wedges (optional)

### **Instructions**

1. Combine first 3 ingredients.
2. Melt 1 TSP of butter with oil in a large nonstick skillet over low heat.
3. While butter melts, sprinkle fish fillets with salt and black pepper. Place the flour in a shallow dish. Dredge fillets in flour; shake off excess flour.
4. Increase heat to medium-high; heat 2 minutes or until butter turns golden brown. Add fillets to pan; sauté 3 minutes on each side or until fish flakes easily when tested with a fork. Remove fillets from pan. Add broth mixture to pan, scraping to loosen browned bits. Bring to a boil; cook until reduced to 1/2 cup (about 3 minutes). Remove from heat. Stir in two teaspoons of butter with a whisk. Serve sauce over fillets. Garnish with lemon wedges, if desired.

**Portion-Per-Serving Information** (Yields 2 servings):

1 serving = 1 fillet + 2 tablespoons sauce = 1 P, 1/2 FT