



Sauteed 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-oz) 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

—Combine first 3 ingredients.

—Melt 1 TSP of butter with oil in a large nonstick skillet over low heat.

—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.

—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.

SERVING INFO: (Serves 2)

1 fillet + 2 TBS sauce = 1 P, 1/2 FT

See photo of this recipe at [Instagram](#) and [Facebook](#).