



TILAPIA with LEMON-GARLIC SAUCE

Basic Lifestyle

INGREDIENTS

4 (6-ounce) tilapia fillets
¼ TSP salt
¼ TSP freshly ground black pepper
3 TBS quick-mixing flour (such as Wondra)
2 TBS unsalted butter, divided
1 TBS olive oil
1 TBS minced garlic
⅓ cup dry white wine
⅓ cup unsalted chicken stock (such as Swanson)
2 TBS chopped fresh parsley
1 TBS fresh lemon juice

INSTRUCTIONS

—Sprinkle fish with salt and pepper. Place flour in a shallow dish. Dredge both sides of fish in flour; reserve unused flour.

—Heat a large skillet over medium-high heat. Add 1 TBS butter and oil to pan; swirl to coat. Add fish to pan; cook 2 minutes on each side or until fish flakes easily when tested with a fork. Remove from pan; keep warm.

—Add reserved flour and garlic to pan; cook 90 seconds or until lightly browned, stirring constantly. Add wine and stock, stirring with a whisk; bring to a boil. Cook 2 minutes or until slightly thickened. Remove pan from heat; stir in remaining 1 TBS butter, parsley, and lemon juice. Serve fish with sauce.

SERVING INFO: (Yields 4 servings)

1 fillet + about 2 TBS sauce = 1 P, ½ FT

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