



# Recipes

## Fish

### **Pan Fried Tilapia**

*Prep Time: 5 minutes*

*Cooking Time: 10 minutes*

*Yield: 2 servings*

#### **Ingredients:**

- 2 8-ounce tilapia fillets
- Sea salt and pepper to taste
- 1 1/2 Tablespoons olive oil
- 1 teaspoon fresh sage (optional)
- 1/2 pound fresh shiitake mushrooms, sliced thin
- 1 teaspoons grated lemon peel
- 3 stalks scallions, sliced small

#### **Directions:**

1. Rinse fish and season with salt and pepper.
2. In a skillet, heat oil and sage and cook fish 2-3 minutes on each side or until fish is cooked through.
3. Remove fish from pan.
4. Add shiitake mushrooms to pan and cook for 2 or 3 minutes.
5. Remove from heat and place mushrooms over fillets.
6. Sprinkle with lemon peel.
7. Garnish with scallions.