

Tilapia Fillet Bag Recipes

GREAT Broiled Jerk Tilapia Fillet

1 LB Tilapia Fillets

1 T Dry Jerk Seasoning

Dash of Hot Sauce

2T Oil or Margarine

Directions:

Blend the jerk seasoning, pepper sauce, and oil. Cover the fillet with the mix, being careful to coat the fillet all over. Place in a pan approximately 4 inches from the broiler. Broil until the fish flakes when tested with a fork, which will take just a few minutes. Unless the fillet is very thick, it is not necessary to turn the fish as it cooks. Serve at once with garlic bread and a green salad.

Serves four

GREAT Parmesan Tilapia Fillet

1 LB Tilapia Fillets

2 T fine dry Breadcrumbs

1 T freshly grated Parmesan Cheese

1 t chopped fresh Parsley

½ t dried Oregano or Basil, crushed

1/8 t white pepper

1 T Lemon Juice

Lemon Wedges

Stir together breadcrumbs, Parmesan, parsley, basil or oregano and pepper in a small container. Place fish on a greased unheated rack of a broiler pan. Brush with lemon juice. Broil 3 minutes. Sprinkle crumb mixture over fish. Broil 3 to 6 minutes more or until fish begins to flake easily.

Serve with lemon wedges. Serves four

GREAT Tilapia in Wine and Tomatoes

1 LB Tilapia Fillets

1 t Olive Oil

1 can diced Tomatoes

1 C diced Onion

1 C White Wine

2 T chopped Parsley

Heat large skillet over medium-high heat. Add oil. When hot, add onion and cook, stirring frequently, until softened but not browned. Add tomatoes and cook, stirring occasionally, approximately 5 minutes. Place fish on top of tomatoes. Pour wine over fish and sprinkle with parsley. Cover and reduce heat to simmer. Simmer until fish is cooked through, around 10 minutes. Remove fish to serving platter and cover with foil. Bring wine and tomato mixture to a boil and cook about 3 minutes. Pour over fish. Serve over cooked rice.

Serves four