Claudine's Tilapia



Preparation

2 servings ~ Serving size: 1/2 recipe

Ingredients

3/4 lb. tilapia or other white fish fillet 2 tsp. olive oil Salt and fresh-ground black pepper to taste 2 scallions, sliced 1 lemon, cut into four wedges

1. Rinse fish and pat dry with a paper towel.

2. Heat oil in a nonstick skillet over medium-high heat. Add tilapia and sauté 3 minutes. Turn and sauté 3 more minutes. Salt and pepper the cooked side.

Sprinkle with scallions, cover, and cook 1 minute.
 Remove tilapia to two dinner plates, and squeeze juice from two lemon wedges on top. Serve the remaining lemon wedges as garnish.

Nutrition Facts

Lean meat exchanges 4 Fat exchanges 0.5 Amount per Serving Calories 205 Calories From Fat 58 Total Fat 6 g Saturated Fat 1 g Trans Fat 0 g Cholesterol 89 mg

Dietary Fiber 1 g Sugars 1 g Protein 32 g

Sodium 148 mg (without added salt) Carbohydrate 3 g

Preparation

2 servings ~ Serving size: 1/2 recipe

 Heat oil in a nonstick skillet over medium-high heat. Add scallops and sauté 2½ minutes on each side.
 Remove scallops to a plate and add flour to the pan.
 Add vermouth to the pan, raise the heat to high, and reduce the liquid by half, about 1 minute. Add chicken broth and reduce by half again, about 1 minute. Remove from heat and stir in the cream. Add salt and pepper to taste.

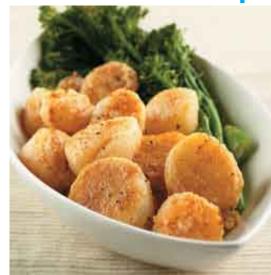
4. Return scallops to the pan just to warm them through, about 30 seconds, and serve.

Ingredients

2 tsp. olive oil
3/4 lb. large scallops
1/2 Tbsp. flour
1/2 cup dry vermouth
1/2 cup nonfat, reduced-sodium chicken broth
1 Tbsp. light cream
Salt and fresh-ground black pepper

Courtesy of Helen Long, Nutritionist Yang's Fitness Center 5 Dundee Park ~ Andover, MA ~ 978.475.2020 www.YangsFitnessCenter.com

Sauteed Scallops



Nutrition Facts

Lean meat exchanges 4 Amount per Serving:

Total Fat 6 g Saturated Fat 1 g Trans Fat 0 g Cholesterol 70 mg Sodium 475 mg (without added salt) Alcohol equivalent 0.5 Calories 250 Calories From Fat 55

Carbohydrate 4 g Dietary Fiber 0 g Sugars 2 g) Protein 31 g