

# 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.
3. Sprinkle with scallions, cover, and cook 1 minute.
4. 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  
Sodium 148 mg (without added salt)

Dietary Fiber 1 g  
Sugars 1 g  
Protein 32 g  
Carbohydrate 3 g

## Preparation

2 servings ~ Serving size: 1/2 recipe

1. Heat oil in a nonstick skillet over medium-high heat. Add scallops and sauté 2½ minutes on each side.
2. Remove scallops to a plate and add flour to the pan.
3. 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

# Sauteed Scallops



## Nutrition Facts

Lean meat exchanges 4  
Amount per Serving:

Alcohol equivalent 0.5  
Calories 250  
Calories From Fat 55

Total Fat 6 g  
Saturated Fat 1 g  
Trans Fat 0 g  
Cholesterol 70 mg  
Sodium 475 mg  
(without added salt)

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

*Courtesy of Helen Long, Nutritionist*

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