

Tamra's Microwave Tilapia

Serves 4

What you need:

- 1 pound tilapia fillets
- 1 tablespoon butter
- 1 garlic clove, minced
- 1 teaspoon chopped fresh tarragon
- ¼ cup apple cider vinegar



All you do:

1. In a microwavable baking dish, arrange tilapia fillets in a single layer. Dot with pieces of butter, and minced garlic. Sprinkle over fresh tarragon. Cover with waxed paper and microwave on high for 2 minutes.
2. Turn fillets over, recover, and continue to microwave on high for a further 2 minutes.
3. Remove immediately, sprinkle with apple cider vinegar, and serve.

Nutrition per Servings: Calories 143, Total fat 4.4 g, cholesterol 50 mg, sodium 102 mg, Carbohydrates 1.2 g, Fiber 0g, Protein 23.4 g