



DINNER

Lemon Pepper Tilapia

Makes 4 servings (serving size = 4oz ounces of cooked tilapia (¼ of the recipe))

Ingredients:

1 lb raw tilapia (fresh or frozen)
1-1.5 tsp no-salt lemon pepper seasoning
4 tsp olive oil

Directions:

Place thawed tilapia in frying pan sprayed with oil/butter spray. Sprinkle about 1/2 of lemon pepper seasoning on the fish. Cook on medium to high heat for 5 minutes or until pan-side down side is seared. Flip the fish, sprinkle remaining seasoning on other side, cover, and cook at medium heat until fish is flaky.

Nutrition information per serving:

Calories: 235
Fat: 7g
Saturated fat: 0-1 g
Sodium: 45mg
Protein: 25g
Carbohydrate: 0g
Fiber: 0g

350 calorie meal = 1S, 3P, 2V, 1O, 1F	500 calorie meal = 2S, 4P, 2V, 2O, 1F	600 calorie meal = 3S, 4P, 2V, 2O, 1F
1 serving of tilapia (PPP,O)	1 serving of tilapia (PPPO)	1 serving of tilapia (PPPO)
1 cup green beans (VV)	1 cup green beans (VV)	1 cup green beans (VV)
½ cup potatoes or sweet potato (S)	1 cup potatoes or sweet potato (SS)	1.5 cups potatoes or sweet potato (SSS)
½ mango (F)	1 tsp oil/margarine or 1 tsp. sliced almonds (O)	1 tsp oil/margarine or 1 tsp. sliced almonds (O)
	¼ cup shredded low fat cheese (P)	¼ cup shredded low fat cheese (P)
	½ mango (F)	½ mango (F)