



Pan Roasted Tilapia with Tomatillo Salsa

Cook time: 40 minutes

Makes: 4 Servings

Tilapia fillets are pan-fried until golden brown and served with a fresh salsa made from roasted tomatillos, serrano peppers, lime, and cilantro.

Ingredients

- 1 pound** tomatillos
- 1/2 cup** yellow onion (peeled and finely chopped)
- 2** serrano or other chiles (finely chopped)
- 3 cloves** garlic (peeled and minced)
- 3 teaspoons** vegetable oil
- 1/4 teaspoon** Kosher salt
- 1 tablespoon** Fresh lime juice (about 1/2 lime)

Nutrition Information

Nutrients	Amount
Calories	181
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	48 mg
Sodium	196 mg
Total Carbohydrate	9 g
Dietary Fiber	2 g
Total Sugars	5 g
Added Sugars included	0 g
Protein	23 g
Vitamin D	3 mcg
Calcium	32 mg
Iron	1 mg
Potassium	595 mg

N/A - data is not available

MyPlate Food Groups

■ Vegetables	3/4 cup
■ Protein Foods	2 1/2 ounces

1/4 cup fresh cilantro leaves (chopped)

4 tilapia fillets (patted dry with a paper towel, any inexpensive white fish can be used)

Directions

1. Preheat the oven to 450 degrees
2. To make the tomatillo salsa: (Canned tomatillo salsa can be used instead of fresh)
3. To prepare the tomatillos, peel back the husk from the smooth green tomatillo skin. Rinse the tomatillos with warm water and cut into quarters.
4. Place the husked tomatillos, onion, chilies, garlic, and 1 teaspoon oil in the baking pan, stir well and transfer to the oven. Roast about 20 minutes until the tomatillos are soft and dark green. Set aside to cool.
5. Transfer the mixture to the blender; add the salt, lime juice, and cilantro and puree.

To cook the tilapia:

1. Place the skillet on the stove over high heat and when it is hot, carefully add 2 teaspoons oil.
2. Put the tilapia fillets in the pan, waiting about 30 seconds between additions. Cook about 5–6 minutes, until golden brown on both sides.
3. Transfer the tilapia to the serving plate and top with generous amounts of salsa. Serve right away.

Source: USDA Center for Nutrition Policy and Promotion

