LEMON HERB TILAPIA

Ingredients:

- 1 cup fresh minced parsley
- 2 lemons, juiced
- 4 cloves garlic, minced
- 2 Tbsp olive oil
- 1 tsp black pepper
- 1 tsp cumin
- 1 cup instant brown rice
- 4 (4 oz) tilapia fillets, thawed
- Non-stick cooking spray
- 2 cups grape tomatoes, halved

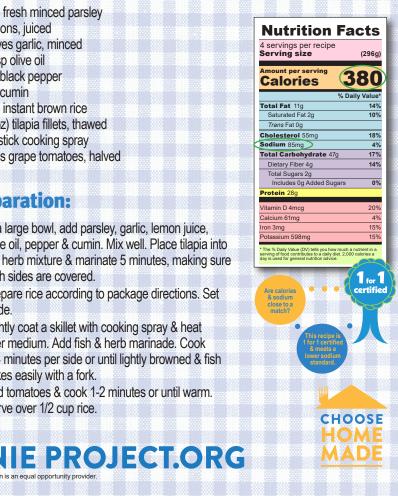
Preparation:

This institution is an equal opportunity provider

- In a large bowl, add parsley, garlic, lemon juice, 1. olive oil, pepper & cumin. Mix well. Place tilapia into the herb mixture & marinate 5 minutes, making sure both sides are covered.
- 2. Prepare rice according to package directions. Set aside.
- Lightly coat a skillet with cooking spray & heat 3. over medium. Add fish & herb marinade. Cook 3-4 minutes per side or until lightly browned & fish flakes easily with a fork.
- 4 Add tomatoes & cook 1-2 minutes or until warm. Serve over 1/2 cup rice.

20 Min Serves 4

Parsley



PARSLEY

In Season

May - September

How to Select

Choose parsley that is perky, green & free of brown, yellow, or wilted segments.

How to Store

Trim ends, remove wilted leaves & place in a jar filled with 1 inch of water. Cover top with a plastic bag & put glass of herbs in fridge up to 2-3 weeks. To freeze, finely mince parsley & spread evenly in an ice cube tray. Lightly cover herbs with canola oil & freeze overnight. Transfer frozen cubes to a zip-close bag & store up to 6 months.

Helpful Tip

Dry parsley by leaving it out on the counter 2-3 weeks. When completely dry, strip leaves from stems by running your fingers against the direction of growth. Store in a jar up to 6 months.



