

Pan Roasted Tilapia with Tomatillo Salsa

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

Serves: 4

Prep: 5 minutes | **Cook:** 40 minutes

INGREDIENTS

- 1 pound tomatillos
- 1/2 cup yellow or red onion, finely chopped
- 2 Serrano or other chilies, finely chopped
- 3 garlic cloves, minced
- 3 teaspoons vegetable oil
- 1/4 teaspoon salt
- 1 tablespoon fresh lime juice (about 1/2 lime)
- 1/4 fresh cilantro leaves, chopped
- 4 tilapia fillets, patted dry with a towel (any inexpensive white fish can be used)

DIRECTIONS

1. Preheat the oven to 450 °F.
2. To prepare the tomatillos, peel back the husk from the smooth green tomatillo skin. Rinse the tomatillos with warm water and cut into quarters.
3. Place the husked tomatillos, onions, 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.
4. Transfer the mixture to the blender; add the salt, lime juice and cilantro and puree.
5. Place a skillet on the stove over high heat and when it is hot, carefully add 2 teaspoons of oil. Put the tilapia fillets in the pan. Cook about 2–3 minutes on each side, until golden brown on both sides.
6. Transfer the tilapia to the serving plate and top with generous amounts of salsa. Serve right away.



Nutrition Information

Serving Size: 3-4 ounce

Calories	171
Total fat	6 g
Saturated Fat	1 g
Trans fat	0 g
Cholesterol	48 mg
Sodium	195 mg
Carbohydrates	0 g
Fiber	2 g
Sugars	0 g
Protein	23 g

Recipe sourced from: MyPlate.Gov