

Tilapia with Lemon Butter Sauce

1 tsp seasoned salt

4 tsp flour, divided

5 - 6 spring fresh Italian parsley, coarsely chopped

1 lemon, cut in half and juiced

1 1/2 lb tilapia fillets

3 Tbsp butter, divided

1/4 cup white wine

Place salt and 3 tsp flour in zip-lock bag. Add fish and shake to coat.

Preheat skillet to medium-high 2 - 3 minutes. Place 1 Tbsp butter to skillet; swirl to melt. Add fish; cook 3 minutes. Add 1 Tbsp butter to center of skillet to melt; turn fillets. Cook 3 more minutes until fish flakes easily with fork. Place fish on serving plates.

Place remaining 1 Tbsp butter and 1 tsp flour, wine, and lemon juice to skillet. Heat 1 - 2 minutes, stirring occasionally, or until thickened. Stir in parsley. Serve over fish.

Serve with Angel Hair Fresca. Serves 4.

Angel Hair Fresca:

Place 8 ounces of angel hair pasta in large pot of boiling water; boil 1 minute. Stir in broccoli; boil 4 more minutes or until pasta and broccoli are tender. Drain pasta and broccoli. Pour all water out of pot.

Add 1 Tbsp butter to pot, using residual heat to melt butter. Stir in 1/2 cup sun-dried tomato pesto and pasta mixture; toss to mix and serve.