



Pan-Seared Tilapia with Tomato-Avocado Salsa

MyPlate2Yours - Lynn Dugan

Ingredients

5, 4-ounce tilapia fillets (This recipe serves 5 instead of my usual 6 since I have a non-fish eater in the family, but he is always required to 'take a bite')

1 cup milk, placed in shallow bowl.

1 cup Italian seasoned bread crumbs, placed in a second shallow bowl

1 large lemon, cut into quarters

1 ripe avocado, cut into chunks

2 plum tomatoes, chopped

4 scallions, sliced

Directions

Dip fish fillets in milk and then into the bread crumbs. Heat a small amount of olive oil in a medium skillet. Place half the filets in the pan, squeeze the juice of 1/4 lemon on the filets and cook about 4 minutes on each side or until fish is cooked through (the flesh turns opaque and white- not translucent and pink). At very end of cooking, add half of the tomatoes, avocado, and scallions and squeeze in the juice from another 1/4 lemon. Transfer to a plate and cover with foil while the recipe is repeated for the other half of the filets. Serve the tilapia on top of mixed spring greens tossed lightly with your favorite vinaigrette. Divide the salsa evenly to the top of each filet. Enjoy!