

## Spicy Tilapia with Lime

2 servings

**3 Things to do before you go shopping:** 1. Plan before you shop. Check foods you already have in the refrigerator and cupboards. Check food ads/coupons. 2. Plan a week's worth of meals. 3. Write down items you need as you run out of or think of them. It will save you time and money.



**1/4 teaspoon salt**  
**1/4 teaspoon pepper**  
**1/2 teaspoon cumin powder**  
**1/4 teaspoon oregano**  
**1/2 teaspoon cayenne pepper**  
**1/4 teaspoon garlic powder**

**1 teaspoon vegetable oil**  
**2 fillets tilapia or other white fish**  
**1/2 lime, juiced**

1. Wash hands with soap and water.
2. In a small bowl, mix the spices together. Sprinkle spices over both sides of the fish.
3. In a large skillet, heat oil.
4. Lay the fish fillets in the skillet.
5. Cook 3-4 minutes. Flip the fillets, and cook another 3-4 minutes. The fish will cook very quickly. To see if they are done, gently insert a butter knife into the thickest part. If it goes through easily and the fish flakes apart, they are done. If the knife meets resistance and the fish stays together, continue cooking for 1-2 additional minutes.
6. When the fish is done, squeeze lime juice over the fillets.

**Nutrition Information per Serving: (1/2 of recipe)** *Calories 138, Total Fat 6g, Saturated Fat 1g, Protein 19g, Total Carbohydrate 2g, Dietary Fiber 0g Sodium 331mg*  
**Recipe Source:** *Leanne Brown, Good and Cheap*