

Spicy Tilapia with Lime

2 servings

Cook at home! Preparing your own food puts you in control of how much sodium goes into your meals. Add flavor to foods with herbs, spices, lemon, lime, and vinegar instead of salt or seasonings high in sodium.

- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon cumin
- ¼ teaspoon oregano
- ½ teaspoon cayenne pepper
- ¼ teaspoon garlic powder
- 2 tilapia fillets or other white fish
- 1 teaspoon vegetable oil
- 1 Tablespoon lime juice or ½ 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. Lay the fish fillets in the skillet. Wash hands with soap and water after handling raw fish.
4. Cook 3-4 minutes. Flip the fillets and cook another 3-4 minutes. The fish will cook quickly and is done when internal temperature reaches 145 °F when measured with a food thermometer.
5. Store leftovers in a sealed container in the refrigerator for up to four days.

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.