

Tilapia with Citrus Vinaigrette

4-6 Tilapia fillets
½ teaspoon sea salt
½ teaspoon ground black pepper
1 T. coconut oil or peanut oil
½ cup white wine
2 T. finely chopped shallots
2 T. fresh lemon juice
2 T. fresh orange juice
4 t. extra virgin olive oil
1 t. cooking sherry
1 t. vinegar

Heat large non-stick skillet over medium heat. Heat oil in non-stick pan. Sprinkle ½ the salt and ½ the pepper on fillets. Cook fillets until slightly browned, turn and cook 1-2 minutes longer. Remove from pan and keep warm. Add shallots to pan and saute' for 1-2 minutes, add wine and cook for 1 minute. Add all other ingredients and remaining ½ tsp. salt and pepper. Simmer for 3-5 minutes or until slightly thickened. Pour over fillets.

Chris Litton, CNC | (800) 884-0695 | www.chrislitton.com | Chris@chrislitton.com