



Tilapia Marsala

Instructions:

Coat a frying pan with 3 seconds of Pam and heat on a medium flame for 1 minute.

Rinse the mushrooms with water, add to the pan, and fry for 5 minutes.

Add the cooking wine, almond flour, and salt & pepper. Fry for another 4 minutes. Set aside.

Add the tilapia and sprinkle more salt & pepper. Fry for 2 minutes on each side.

Pour the mushrooms on the tilapia.

Counts as 1 dinner main & 1 dinner side

Prep Time:

10 minutes

Cook Time:

15 minutes

Ingredients:

8 oz. tilapia

2 1/2 cups mushrooms -
sliced thinly

2 TBSP. marsala cooking
wine

1 TBSP. almond flour

salt & pepper to taste

Pam