



Fish Dumplings

Instructions:

Combine the tilapia, egg white, almond flour, garlic, salt & pepper, and roll into mini patties.

Coat a frying pan with 3 seconds of Pam and add the patties.

Fry on medium heat for 2 minutes on each side.

Coat a separate pot with 1 second of Pam. Add garlic, tomato sauce, ketchup, and water.

Cook on a medium flame until it boils.

Add the patties to the sauce and cook for 15 minutes.

Counts as 1 dinner main

Prep Time:

10 minutes

Cook Time:

20 minutes

Ingredients:

6 oz. tilapia

1 egg white

1/2 TBSP. almond flour

1 TBSP. fresh parsley
chopped

1 cube frozen garlic

2 TBSP. tomato sauce

2 TBSP. ketchup

1 TBSP. water

salt & pepper to taste

Pam