

Yummy Baked Tilapia or Orange Roughy

Unit: 8", 10.5" or Electric Skillet

2 - 5 Fresh Tilapia or Orange Rough Filets (Any light tasting fish will do)

1/4 - 1/2 Teaspoon Ground Paprika (Optional for extra color)

1 - 2 Green or Red Bell Peppers Thinly Sliced

1/2 - 1 Teaspoon Ground Oregano

1 - Medium Tomato thinly sliced

1 - 2 Lemons Thinly Sliced

Place the cold fish filets in an appropriate sized skillet depending on number of filets you are cooking. Next sprinkle the oregano and paprika over the filets and place the pepper, tomato and lemon slices on top.

Rotate the valve below the knob to open and seal the lid on the unit. Turn the heat to medium until the valve activates and then turn the stove off. Let the fish stand in the skillet for 5 - 8 minutes.

Place the filets on plates and serve!



HEALTH QUEST