

Tilapia Piccata. Sautéed Spinach. Gluten-Free

Serves 2

Prep Time: 20 minutes

Pasta

A light & easy weeknight meal that is sure to be a WINNER!

Shopping List:

Produce

½ lb spinach

1 lemon

garlic

Grocery

olive oil

¼ cup chicken stock

1 tbsp capers

4 oz gluten-free pasta

Refrigerated

2 tilapia fillets

1 tbsp butter

Recipe:

2 tilapia fillets

¼ cup chicken stock

¼ cup lemon juice

1 tbsp capers

1 tbsp butter

1 clove garlic, thinly sliced

½ lb spinach

4 oz gluten-free pasta

1. Bring a large saucepan of water to boil. Cook pasta according to package directions.
2. Meanwhile, season fish with salt & pepper. Heat a small amount of oil in a nonstick skillet over med-high heat. Add fish and cook about 3-4 minutes per side, until fish flakes easily.
3. Transfer fish to a plate and add chicken stock, lemon juice, and capers to the skillet. Bring to a boil, then reduce heat and simmer for 2-3 minutes. Add butter and stir to combine.
4. Return fish to skillet and gently turn to coat with sauce. Remove from heat and cover to keep warm.
5. Heat a small amount of oil in a second skillet over med-high heat. When oil is hot, sauté garlic for 30 seconds or so, then add spinach and cook quickly until just wilted. Season with salt & pepper.
6. Divide pasta between plates and top with fish and sauce. Enjoy the spinach on the side.

Cooks Tips:

- If Tilapia isn't your favorite fish, substitute another mild fish, or try thin chicken or turkey cutlets.
- If you aren't feeling the gluten-free pasta, try a whole grain like brown rice or quinoa as a base for this dish.