

Grilled Lemon Garlic Tilapia (Protein)



Ingredients:

- 2 T lemon juice
- 1 T canola oil
- 2 cloves garlic, chopped
- 1/2 t salt or to taste
- 1/4 t pepper or to taste
- 4 large tilapia filets, split along length

Directions:

1. Mix lemon juice, canola oil, garlic, and seasonings in a large bowl.
2. Add the fish and coat with the mixture. Let rest in marinade for 10 minutes.
3. Turn grill on high heat. Before adding the tilapia, oil the grill grates to prevent sticking.
4. Grill each filet 1-2 minutes per side.

Makes 4 servings.



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