



Sautéed Tilapia, Couscous, Greens and Home Made Dressing

Market Fresh Meals 2017 Episode One

Serves a family of 4



Sautéed Tilapia

- 1 lb. Fresh Tilapia Filets
- 2/3 c. unbleached flour
- ¼ tsp pepper
- ½ tsp salt
- ½ tsp paprika
- Lemon Juice
- Olive Oil

Combine flour and spices. Dredge fish in flour mixture. Preheat olive oil in frying pan over medium heat. Cook fish 3-5 min. per side, until golden brown. Squeeze lemon juice over fish and serve.

Couscous

- 2 c. Vegetable or Chicken Stock
- 1 c. Couscous
- Fresh herbs to taste

Bring stock to a boil. Add couscous and fresh herbs, stir, then cover. Remove from heat. Let stand for 5 minutes. Fluff with fork.

Mixed Greens

6 cups baby lettuce, mixed greens

Dressing

¾ c. basic dressing:

3:1 Olive Oil to Vinegar

½ cup Olive Oil

1/8 cup Vinegar


1 tsp honey

1 tsp Dijon Mustard

¼ tsp salt

Combine ingredients. Shake well.

You can view this episode online at www.sheboygancountyinterfaith.org/farmers-market or through the WSCS Website.

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