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Seared Tilapia with Cherry Salsa

Servings: 2

Active Time: 15 minutes

Total Time: 20 minutes

Ingredients

½ tablespoon olive oil

¼ pound (1 cup) Bing cherries, pitted and coarsely chopped

¼ small red onion, finely chopped

2 tablespoons fresh cilantro, chopped

½ jalapeno chile (ribs and seeds removed), minced

½ tablespoon fresh lime juice

Kosher salt and ground pepper

¼ teaspoon ground coriander

2 tilapia fillets (4 to 6 ounces each)

Directions

1. In a medium bowl, combine cherries, onion, cilantro, jalapeno, and lime juice. Season with salt and pepper, and toss to combine; set salsa aside.
2. In a small bowl, stir together coriander, ½ teaspoon salt, and 1/8 teaspoon pepper. Rub tilapia all over with spice mixture.
3. Heat olive oil in medium skillet. Place tilapia in skillet and cook for 2 minutes on each side or until done. Serve immediately with salsa.

Nutrition Info

Per serving: Calories 168; Fat 10.8 g (Saturated 1.9 g); Cholesterol 57 mg; Carbohydrates 14.4 g; Fiber 1.7 g; Protein 24.1 g.