

Blackened Tilapia

Ingredients:

4 tilapia fillets (4 - 5 ounces each)
1 teaspoon paprika
1/2 teaspoon ground sage
1/2 teaspoon ground cumin
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon sugar
1/2 teaspoon salt
1/4 teaspoon ground cayenne
nonstick cooking spray
1 teaspoon olive oil
lemon slices

Directions:

Put paprika, sage, cumin, garlic powder, sugar, salt, cayenne and onion powder in a 1-gallon food-storage bag. Close bag and shake until well blended. Put 1 tilapia fillet in bag at a time and shake until lightly coated. Coat large nonstick skillet with

cooking spray. Add oil and heat over medium-low heat until hot. Add the tilapia fillets, skinned side up, and cook 4 to 5 minutes until lightly blackened. Carefully turn with spatula. Cook 4 to 5 minutes longer, or until fish feels firm and is opaque at the thickest part. Serve with lemon slices.

[Joomla SEO powered by JoomSEF](#)