

## **Grilled Lemon Garlic Tilapia**

Servings: 2

From

<http://www.eatbetteramerica.com/recipes/grilled-lemon-garlic-halibut-steaks/07b1c70e-8f7c-443a-993b-d408004892c6>

### **Ingredients**

1/8 cup lemon juice  
1/2 tablespoon olive oil  
1/8 teaspoon salt  
1/8 teaspoon pepper  
1 teaspoon minced garlic  
2 tilapia fillets  
1/8 cup chopped fresh parsley  
1/2 tablespoon grated lemon peel

### **Preparation**

- 1) Prepare grill. Heat to medium-high heat.
- 2) In shallow glass or plastic dish or resealable food-storage plastic bag, mix lemon juice, oil, salt, pepper and garlic. Add fish; turn several times to coat with marinade. Cover dish or seal bag and refrigerate 10 minutes.
- 3) Remove fish from marinade; reserve marinade. Cover and grill fish 4 to 6 inches from medium heat 10 to 15 minutes, turning once and brushing with marinade, until fish flakes easily with fork. Discard any remaining marinade.
- 4) Sprinkle fish with parsley and lemon peel.

## **Italian New Potato Salad**

Servings: 2

From

<http://www.eatbetteramerica.com/recipes/italian-new-potato-salad/0b6fd9ec-22f7-4305-84a7-9dcb5a297513>

### **Ingredients**

1/4 lb green beans  
3-4 red potatoes, cut into fourths  
1 tablespoon water  
1/4 cup reduced-fat Italian dressing or balsamic vinaigrette  
1/8 cup chopped red onion  
1/2 (2.5 oz) can sliced ripe olives, drained

### **Preparation**

- 1) Cut beans in half if desired. In 2-quart microwavable casserole, place beans, potatoes and water. Cover and microwave on High 10 to 12 minutes, rotating dish 1/2 turn every

4 minutes, until potatoes are tender; drain.

2) In large glass or plastic bowl, toss beans, potatoes and dressing. Add onion and olives; toss. Cover and refrigerate 1 to 2 hours or until chilled.