

Tilapia with Spinach, Oranges & Olives

Servings: 2

Adapted from Woman's Day October 2011

Ingredients

1 tablespoon olive oil

2 6 oz pieces of tilapia

Salt

Pepper

1/2 tablespoon white wine vinegar

1 teaspoon honey

1 navel orange

1/4 onion, thinly sliced

1/4 cup green pitted olives, sliced

2 cups spinach, thick stems removed

Preparation

1) Heat 1/2 tablespoon olive oil in a large skillet over medium-high heat. Season the tilapia with 1/4 teaspoon salt and 1/4 teaspoon pepper. Cook until golden brown and opaque throughout, 3 to 5 minutes per side.

2) In a large bowl, whisk together the vinegar, honey, remaining olive oil, 1/4 teaspoon salt and 1/4 teaspoon pepper.

3) Cut away the peel and white pith of the orange; slice into rounds. Add them to the bowl along with the onion, olives, and spinach; gently toss to combine. Serve with the tilapia.