

Sautéed Tilapia with Parmesan Crust

Servings: 2

Slightly adapted from

<http://www.kalynskitchen.com/2006/01/sauteed-tilapia-with-parmesan-crustwho.html>

Ingredients

2 tilapia fillets

1 tablespoon olive oil

Salt and pepper to taste

3 tablespoons Parmesan cheese

Preparation

1) Preheat broiler; season fish on both sides with salt and pepper. Heat heavy frying pan, add olive oil, then sauté fish until lightly browned on both sides and not quite cooked through, about 3-4 minutes per side. Turn carefully and do not overcook, since it will be cooking a little more under the broiler.

2) Take fish out of frying pan and put in ovenproof dish which will fit under your broiler. Top of each piece of fish with 1 ½ tablespoons of Parmesan cheese. You want the top of the fish to be well covered with cheese. Broil until cheese is browned and melted, about 4 minutes. Serve hot, with lemon slices if desired.

Roasted Summer Squash

Servings: 2

Slightly adapted from

<http://www.kalynskitchen.com/2007/08/easy-south-beach-recipes-roasted-baby.html>

Ingredients

1 medium yellow squash

1 medium zucchini squash

1 tablespoon olive oil

½ tablespoon balsamic or white balsamic vinaigrette

1 teaspoon dried thyme

Salt and fresh ground pepper to taste

Preparation

1) Preheat oven to 400 F. Wash squash well and dry. Cut lengthwise into four pieces, then cut away the seed part of each piece and cut into pieces about 3-4 inches long.

2) In a bowl, toss squash with olive oil, balsamic vinegar, thyme, salt, and pepper. Arrange on roasting pan.

3) Roast squash 25-30 minutes, until edges are starting to get brown and squash is tender. Remove squash from oven and serve hot.