

Skillet Tilapia with Cilantro Butter

Servings: 2

From

<http://www.myrecipes.com/recipe/skillet-fillets-with-cilantro-butter-10000001142036/>

Ingredients

1/4 tsp ground cumin
1/4 tsp ground red pepper
2 (6-ounce) tilapia fillets
Cooking spray
1 lemon, quartered \$
1 Tbsp butter, softened
1 Tbsp finely chopped fresh cilantro
1/4 tsp grated lemon rind
1/4 tsp paprika
1/4 tsp salt

Preparation

- 1) Combine ground cumin and ground red pepper; sprinkle over both sides of fish.
- 2) Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Coat both sides of fish with cooking spray; place in pan. Cook 3 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- 3) Place fish on a serving platter; squeeze lemon quarters over fish.
- 4) Place butter and remaining ingredients in a small bowl; stir until well blended. Serve with fish.

Salsa Rice

Servings: 2-3

From

<http://www.kalynskitchen.com/2012/03/recipe-for-baked-salsa-rice-with-green.html>

Ingredients

1/2 onion, chopped
1 tsp olive oil
4 oz can diced green chiles with juice
1/4 tsp ground cumin
1/2 cup salsa

3/4 cup water
1 Tbsp lime juice
1/2 cup long-grain rice
1/4 cup chopped cilantro

Preparation

- 1) Preheat oven to 350 degrees.
- 2) Heat the olive oil in a heavy frying pan and saute the onion over medium-high heat until it just barely starts to brown, about 5 minutes. Add the cumin and diced green chiles with juice and cook 2-3 minutes more.
- 3) Add the salsa, water, and lime juice; bring to a boil, then stir in the rice.
- 4) Transfer the mixture to a casserole dish with a tight-fitting lid or aluminum foil. Cook the rice covered for about 25-30 minutes, or until the liquid is all absorbed and the rice is cooked through. Let it sit for 5 minutes.
- 5) Fluff with a fork and stir in chopped cilantro.