



Healthy Food for a Wealthy Mood



Tilapia with Lemon-Garlic Sauce

4 (6oz) tilapia fillets
1/4 tsp. salt
1/4 tsp. freshly ground black pepper
3 Tbsp. quick mixing flour
2 Tbsp. unsalted butter, divided
1 Tbsp. olive oil
1 Tbsp. minced garlic
1/3 cup dry white wine
1/3 cup unsalted chicken stock
2 Tbsp. chopped fresh parsley
1 Tbsp. fresh lemon juice

Sprinkle fish with salt and pepper. Place flour in a shallow dish and dredge both sides of fish in the flour. Set unused flour aside. Heat a large skillet over medium-high heat. Add olive oil and 1 tablespoon of the butter to pan; swirl to coat. Add fish to pan; cook 2 minutes on each side or until fish flakes easily when tested with a fork. Remove from pan; keep warm.

Add remaining flour and garlic to pan; cook 90 seconds or until lightly browned, stirring constantly. Add wine and stock, stirring with a whisk; bring to a boil. Cook 2 minutes or until slightly thickened. Remove pan from heat; stir in remaining 1 tablespoon butter, parsley, and lemon juice. Serve with sauce.

Servings: 4

CAL 295; FAT 12.4g; PRO 35g; CARB 6g;
CHOL 100mg; SOD 248mg; CALC 26mg

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