

Lemon Tilapia with Broccoli Slaw Stir-Fry

by Barb Szyszkiewicz

Makes 4 servings

For the fish:

- 12 TBSP butter, melted
- 4 tilapia fillets
- Lemon pepper seasoning to taste
- 1/2 tsp parsley flakes
- 4 lemon slices

Preheat oven to 350°F. Pour melted butter into the bottom of a glass baking dish big enough to hold the fish in a single layer. Add the fish, flipping it once or twice so it's coated in butter. Season with lemon pepper.

Bake 10 minutes. When fish is done, serve on top of stir-fried vegetables. Garnish with parsley flakes and lemon slices.

For the vegetables:

- 1 TBSP vegetable oil
- 1 onion, cut in thin vertical slices
- 3 cups broccoli slaw mix
- 1 bell pepper (yellow, orange, or red), julienned

Heat a large wok or skillet on very high heat. Turn down to medium and add oil until it shimmers. Add onions first; 2 minutes later, add remaining vegetables. Stir fry until vegetables are done to your liking.



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