

FOOD

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Tilapia Pitas

A delightful light meal

Ingredients:

- 1 pinch salt
- 3 tablespoons olive oil
- 1 pound tilapia fillets
- 1/4 teaspoon lemon pepper
- 1/2 cup mayonnaise
- 1/4 cup Italian salad dressing
- 1/2 cup crumbled feta cheese
- 2 anchovy fillets, drained
- 1 pinch cayenne pepper, or to taste
- 1/8 teaspoon ground black pepper, or to taste
- salt and cayenne pepper to taste
- 4 cups iceberg lettuce, torn into bite-sized pieces
- 1 small red onion, chopped
- 6 pita breads, cut in half



Directions:

1. In a small bowl, stir together the mayonnaise, Italian dressing, feta cheese and anchovies. Season with cayenne pepper, black pepper and salt. Mix until well blended, then set aside.
2. Heat oil in a large skillet over medium-high heat. Place the tilapia fillets in the skillet, and season with lemon pepper, salt and cayenne. Fry until browned on each side, and fish flakes easily with a fork, 5 to 7 minutes.
3. Warm pita breads in the toaster or in the microwave to soften. Open from the cut side to make pockets. Fill pita bread halves with lettuce, onion, and tilapia fillets, then spoon in some of the feta cheese sauce. Serve and enjoy!



Grilled Jalapeno Tuna Steaks

Charred tuna steaks with the flavor of jalapeno, garlic, and lime

Ingredients:

- 1 tablespoon olive oil
- 2 teaspoons lime juice
- 1 jalapeno pepper, minced
- 3 cloves garlic, minced
- salt and pepper to taste
- 1 pound ahi tuna steaks

Directions:

1. Whisk the olive oil, lime juice, jalapeno pepper, garlic, salt, and pepper together in a flat-bottomed dish. Place the tuna steaks in the dish, turning to coat entirely in marinade. Refrigerate 20 minutes.
2. Preheat an outdoor grill for high heat, and lightly oil the grate.
3. Cook the steaks until they are beginning to firm and are hot in the center, 5 to 7 minutes per side.

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