

# FOOD & DINING

## Fish makes a fast, convenient meal



Home cooks love fish because it is flavorful and often simple to prepare. Fish also does not take too long to cook, making it a perfect meal for busy professionals or families.

The following recipe for "Broiled Chili-Lime Crusted Tilapia" from Laurie McNamara's "Simply Scratch: 120 Wholesome Homemade Recipes Made Easy" (Avery) checks all the boxes, as it's flavorful, easily prepared and cooks in roughly 20 minutes or less.

### BROILED CHILI-LIME-CRUSTED TILAPIA

Serves 4

- 2 tablespoons olive oil, plus more for the pan
- Juice of 1 lime (about 2 tablespoons)
- 1 tablespoon cornstarch
- 1 tablespoon chili powder
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano, rubbed in your palm
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 3/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 4 fresh tilapia fillets

### Garnish:

- Lime wedges
- Torn fresh cilantro leaves
- Pico de Gallo (see below)

Place the oven rack in the top portion of the oven. Crack the oven door and preheat the broiler to high. Line a rimmed baking sheet with aluminum foil and lightly brush the foil with olive oil.

In a shallow dish, combine the olive oil, lime juice, cornstarch, chili powder, coriander, cumin, oregano, garlic powder, onion powder, salt, and pepper. Whisk to blend.

Dip both sides of each tilapia fillet into the spice mixture and use your fingers to coat evenly. Place the tilapia on the prepared baking sheet with the bottom facing up. Broil for 4 minutes, then carefully flip and cook for 4 to 5 minutes more, or until the fish flakes easily.

Serve with lime wedges and torn cilantro or top with a few spoonfuls of Pico de Gallo.

### PICO DE GALLO

Makes about 2 cups

- 3 plum (Roma) tomatoes, seeded and diced
- 1/3 cup finely diced red onion
- 2 scallions, sliced
- 2 tablespoons chopped fresh cilantro

- 1 tablespoons minced jalapeño
- 1 teaspoon minced garlic
- Juice of 1/2 lime
- 1 teaspoon olive oil
- 1/2 teaspoon kosher salt

In a medium bowl, combine the tomatoes, red onion, scallions, cilantro, jalapeño, and garlic. Add the lime juice and oil, season with the salt, and stir to combine.

Serve immediately or cover with plastic wrap and refrigerate until ready to serve.

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