

Microwave Tilapia

Ingredients

- 1 pound tilapia fillets
- 1 tablespoon butter
- 1 garlic clove, minced
- 1 teaspoon chopped fresh tarragon (or 1/4 teaspoon dried)
- 1/4 cup lemon juice or apple cider vinegar (optional)

Directions

1. In a microwavable baking dish, arrange tilapia fillets in a single layer. Dot with pieces of butter, and minced garlic. Sprinkle with fresh tarragon. Cover with waxed paper and microwave on high for 2 minutes.
2. Turn fillets over, recover, and continue to microwave on high for 2 more minutes.
3. Remove immediately, sprinkle with lemon juice or apple cider vinegar, and serve



Makes 4 servings

*Nutrition information per serving:
143 calories, total fat 4.4 g,
cholesterol 50 mg, sodium 102 mg,
Carbohydrates 1.2 g, Fiber 0g,
Protein 23.4 g*