LEMON PEPPER TILAPIA

1c flour

1/3c cornmeal

1/4 t garlic powder

1/4 t salt

2t lemon pepper

1 egg

¼ c. egg beaters

2T butter

2T olive oil

2 Tilapia fillets

 Lemon and Parsley

**Fish**

Place all dry ingredients on a piece of foil.

Set a plate with paper towels to drain the fish after frying on the side.

Beat the egg and egg beaters in a shallow dish.

Dip the fish fillets into the egg mixture then dredge in the dry mixture.

Heat the butter and the olive oil in a large skillet. Medium heat.

Fry the fillets until brown on both sides. Use two turners to gentle turn the fillets. They will cook about 5 minutes on each side.

Drain on paper towels.

Garnish with fresh parsley and lemon slices.

 Yield: 4 servings

**Steamed Broccoli**

Wash broccoli. Cut the florets off the stem.

Place the florets in the steamer basket and the basket in a saucepan.

Put water in the bottom until it hits the bottom of the steamer basket.

Turn on high and cover with a tight lid. Steam for about 5 minutes or until fork tender. Do not overcook or start too early.

Serve immediately.

**Almond Pilaf Rice**

Place a chicken bouillon cube in 2 cups of hot water and let it dissolve. Chop an onion and place it in a saucepan with 2 T. butter, ¼ c. almonds and 1 c. of white rice. On medium heat, brown the rice (about 7 minutes) then add the water. Bring to a boil (let boil 1 minute) and add ¼ t. salt and an 8th of a t. of red pepper give it one stir and turn down to simmer. Steam for 20 minutes. Let stand for 10 minutes. Fluff with fork.