

## Baharat Spiced Tilapia

2 servings

Cook at home! Preparing your own food puts you in control of how much sodium goes into your meals. Add flavor to foods with herbs, spices, lemon, lime, and vinegar instead of salt or seasonings high in sodium.

- 2 tilapia fillets or other white fish
- 1 teaspoon Baharat spice mix\*
- ½ teaspoon salt (optional)
- ½ Tablespoon vegetable oil

1. Wash hands with soap and water.
2. Rub spice mix and salt (if desired) over both sides of the fish fillet.
3. In a large skillet, heat oil. Lay the fish fillets in the skillet. Wash hands with soap and water after handling raw fish.
4. Cook 3-4 minutes. Flip the fillets and cook for an additional 3-4 minutes. The fish will cook quickly. It is done when the internal temperature reaches 145°F when measured with a food thermometer.
5. Serve with rice, couscous, salad, or other vegetable side dishes.
6. Store leftovers in a sealed container in the refrigerator for up to four days.



\*Baharat is a widely used spice blend in Middle Eastern cuisine. It includes black pepper, cumin seeds, coriander seeds, cardamom, cinnamon, paprika, and cloves. Make your own blend by following this recipe: <https://food.unl.edu/recipe/baharat-middle-eastern-spice-blend>.

**Nutrition Information per Serving (1 fillet):** Calories 150, Total Fat 6g, Saturated Fat 1.5g, Cholesterol 50mg, Sodium 50mg, Total Carbohydrates 1g, Fiber 1g, Total Sugars 0g, includes 0g Added Sugars, Protein 23g, Vitamin D 15%, Calcium 2%, Iron 6%, Potassium 8%.