



Crisp and Delicious From Your Skillet!

Skillet Crisp Tilapia



The USDA recommends eating seafood twice a week. Seafood contains a range of nutrients, including healthy omega-3 fats, so making fish and shellfish the main protein food on your plate twice a week is good practice. According to the 2010 Dietary Guidelines for Americans, eating about 8 ounces per week (less for young children) of a variety of seafood can help prevent heart disease.

Source: DG Tip Sheet No. 15, December 2011
<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet15EatSeafood.pdf>

- Gorton's all new Skillet Crisp fillets are made for stovetop cooking, and go straight from frozen to your skillet for a quick and easy meal.
- Skillet Crisp fillets have that crisp, delicious taste you can only get from stovetop cooking!
- Skillet Crisp Tilapia starts with 5 Star Tilapia®, quality inspected and carefully selected for the mildest, flakiest fillets that are hand-picked and trimmed, then quick-frozen for optimal freshness – for a quality experience every time.
- Lightly coated for more fish in every bite. And with less coating, Skillet Crisp has over 25% less fat, calories and sodium than traditional battered fillets!
- Made with real herbs and spices and no MSG, artificial flavors or colors. A flavorful meal you can feel good about serving!

Tilapia in Garlic and Tomatillo Salsa

Prep Time: 8-10 min.
 Cook Time: 15 min.
 Serves: 4

INGREDIENTS:

- 1 Package (13.3 oz) Gorton's Skillet Crisp Tilapia Battered Fish Fillets – Classic Seasonings with Lemon*
- 4-5 garlic cloves, chopped
- 1 ½ cups green tomatillo salsa, or see recipe below
- 2-4 tablespoons fresh lime juice
- Nonstick cooking spray
- ½ cup fresh cilantro leaves, chopped

DIRECTIONS:

1. In a large nonstick skillet, spray nonstick cooking spray and cook garlic on low/medium heat for ½ minute or until tender.
2. Pour green salsa into skillet.
3. Arrange frozen fish fillets, leaving space between fillets, and cook on medium heat for 5-10 minutes, turning fillets over as needed until fish is fully cooked.
4. Serve with rice, if desired.

TOMATILLO SALSA (Makes 1 ½ cups)

- 1 lb. green tomatillos, husks removed
- 1 jalapeno, stemmed and seeded
- 2-3 garlic cloves

Place all ingredients in a medium saucepan. Cover with water by about one inch. Bring to a boil. Cook for 5 minutes until tomatillo skins have cracked, have a slight color change and are tender. Use slotted spoon to transfer tomatillos, jalapeno and garlic to a blender. Blend well.

*Note: You may substitute another Skillet Crisp Tilapia variety, Gorton's Classic Grilled Salmon or Signature Grilled Tilapia, Gorton's Premium Battered Tilapia Fillets



For more great seafood recipes, visit gortons.com!