

SWEET AND SPICY CITRUS TILAPIA

(Cooking Light, August 2010)

4 (6-ounce) tilapia fillets
cooking spray
1/2 cup fresh orange juice (about 1 orange)
3 Tbsp. fresh lime juice
1 Tbsp. brown sugar
1 Tbsp. extra virgin olive oil
2 tsp. lower sodium soy sauce
1/2 tsp. salt
1/2 tsp. ground cumin
1/4 tsp. black pepper
1/4 tsp. ground red pepper
2 garlic cloves, crushed
1/2 tsp. paprika

Arrange fish in a single layer in a shallow roasting pan coated with cooking spray. Combine orange juice and next 9 ingredients (through garlic); pour over fish. Let stand 15 minutes.

Preheat broiler. Sprinkle fish with paprika; broil 15 minutes or until desired degree of doneness. Drizzle sauce over fish.

Serves 4.

NOTE: I didn't have any orange juice in the house (and Alaina didn't either!) so I had to improvise: I removed the brown sugar and put in about 3 Tbsp. of orange marmalade to replace the orange juice and brown sugar. It was perfect!

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