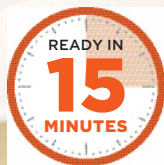


COOKING FOR ONE

TILAPIA WITH ARUGULA, CAPERS, AND TOMATOES

Sautéed fish goes mildly Mediterranean, with bright vegetables and a buttery pan sauce. [see recipe, page 64 >>](#)



tilapia with arugula, capers, and tomatoes

<< see photo, page 62

SERVES 1

PREP TIME: 15 MIN

TOTAL TIME: 15 MIN

- ½ cup cherry tomatoes, halved
- ¼ teaspoon red-pepper flakes
- 1 tilapia fillet (8 ounces)
- coarse salt and ground pepper
- 2 small bunches arugula (about 3 cups)
- 1 tablespoon butter
- 1 tablespoon fresh lemon juice
- 1 tablespoon capers, rinsed and drained

1 In a medium nonstick skillet, bring ¾ cup water to a boil. Add tomatoes and red-pepper flakes; top with tilapia, and season with salt and pepper. Cover, and cook 3 minutes. Add arugula. Cover, and cook until tilapia flakes easily with a fork, about 2 minutes. With a slotted spoon, transfer tilapia and vegetables to a plate (reserve skillet).

2 Make sauce: Off heat, add butter, lemon juice, and capers to skillet; swirl until butter has melted. Season sauce with salt and pepper. Serve tilapia over arugula and tomatoes; drizzle with sauce.

per serv: 347 cal; 15.7 g fat (8.6 g sat fat); 47.3 g protein; 6.3 g carb; 1.6 g fiber

1/2 v
2-1/8" x 6-15/18"