

# LEMON TILAPIA

Recipe courtesy of [ohiosoutherner.com](http://ohiosoutherner.com)

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## INGREDIENTS (4 SERVINGS)

- 4 tilapia fillets
- 1/2 cup of flour
- 2 tbsp butter
- 2 tbsp olive oil
- juice and zest of one lemon
- lemon slices
- 1/2 cup diced onion
- 1/2 cup white wine \*
- 2 tbsp chopped parsley

\*I used Pinot Grigio but you could use a Sauvignon Blanc

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## DIRECTIONS

1. Dry the fillets with a paper towel to remove any excess moisture. Liberally salt and pepper both sides of the tilapia fillets.
2. Dredge the fillets in flour and shake off any excess.
3. Melt the butter and add the olive oil to a large skillet on medium high heat. Add the tilapia and brown on both sides. This should take 3 or 4 minutes. Remove the fillets from the skillet and place on a baking sheet. Keep the fillets in the oven till the pan sauce is ready.
4. Reduce the heat to medium low and add the onion to the skillet. Cook until almost translucent and then add the juice, zest, wine and lemon slices. Cook for another 2 to 3 minutes until slightly reduced. Add the parsley to the sauce.
5. Place the fillets on a serving dish and pour the sauce over the fillets.