

Zesty Lemon Fish Skillet

Makes 4 servings | Protein • Vegetables

Ingredients

- 1 pound white fish fillets, fresh or frozen and thawed (tilapia, cod, catfish, etc.)
- 1 Tablespoon canola oil
- 1 small onion, diced
- ½ teaspoon salt
- 1 teaspoon black pepper
- 2 small zucchini or summer squash, cubed
- 1 bell peppers, cut into strips
- 4 Tablespoons lemon juice
- 1 teaspoon dried parsley, optional
- 1 lemon, optional

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Wash vegetables, then chop and slice them.
3. Divide fish into 4 portions.
4. Heat oil in a large skillet.
5. Add raw fish and onion to the skillet. Sprinkle with salt and pepper.
6. Cook over medium high heat. Flip fish once the first side begins to turn golden brown.
7. Add zucchini and bell pepper to the skillet. Continue cooking until the fish is flaky and vegetables are tender crisp. The fish is done when it reaches 145°F on the food thermometer
8. Sprinkle lemon juice and parsley over cooked fish and vegetables.
9. Serve with lemon wedges, if desired.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EFNEP. USDA is an equal opportunity provider and employer.