

Tilapia with Smoked Paprika

by DrDan at 101 Cooking For Two June-25-2010

Ingredients

- 1 lb Tilapia about six medium fillets
- 3 T olive or vegetable oil
- 2 t smoked paprika
- 1 t garlic powder
- 1 t salt
- 1/2 t pepper

Instructions

- 1) Preheat grill with griddle on medium heat or heat a skillet on the stove top over medium heat.
- 2) Mix all spices and oil well in a small bowl
- 3) Spray griddle/pan or brush with oil (Not EV olive oil)
- 4) Brush oil/spice mixture on both sides of the fillets and place on griddle/pan.
- 5) Cook 4 minutes per side.

Details

Prep time: 10 mins
Cook time: 8 mins
Total time: 18 mins
Yield: 2-3 servings