



Recipe Spotlight: *Dinner for Two*

Seasoned Tilapia Fillets

INGREDIENTS

- | | |
|-----------------------------------|-----------------------|
| 2 tilapia fillets (6 ounces each) | 1/4 tsp dried thyme |
| 1 Tbsp butter, melted | 1/8 tsp onion powder |
| 1 tsp Montreal steak seasoning | 1/8 tsp salt |
| 1/2 tsp dried parsley flakes | 1/8 tsp pepper |
| 1/4 tsp paprika | 1/8 tsp garlic powder |

INSTRUCTIONS

1. Preheat oven to 425°. Place tilapia in a greased 11x7-in. baking dish; drizzle with butter. In a small bowl, mix remaining ingredients; sprinkle over fillets.
2. Bake, covered, 10 minutes. Uncover; bake until fish just begins to flake easily with a fork, 5-8 minutes.

Editor's Note: This recipe was tested with McCormick's Montreal Steak Seasoning. Look for it in the spice aisle.

Y0107_20_216_C

Roasted Asparagus with Feta

INGREDIENTS

- 2 pounds fresh asparagus, trimmed
- 1 tablespoon olive oil
- Kosher salt to taste
- 2 medium tomatoes, seeded and chopped
- 1/2 cup crumbled feta cheese

INSTRUCTIONS

1. Arrange asparagus in an ungreased 13x9-in. baking dish. Drizzle with oil and sprinkle with salt.
2. Bake, uncovered, at 400° for 15-20 minutes or until tender. Transfer to a serving dish; sprinkle with tomatoes and feta cheese. Serve immediately.

Chocolate-Dipped Strawberries

INGREDIENTS

- 1 teaspoon canola oil
- 3 ounces good-quality dark chocolate, chopped
- 12 strawberries, washed and pat dry
- 1 tablespoon dried coconut flakes (optional)

INSTRUCTIONS

1. In a double boiler, melt chocolate over simmering water. Stir in canola oil and transfer to a small bowl.
2. Line a baking sheet with parchment paper. Brush strawberries with chocolate and set on parchment paper. Sprinkle with toasted coconut and let harden in the fridge.

