

Avocado Cream Tilapia

www.facebook.com/JoanneSweetMcGraw

A light but super flavorful tilapia dish that is perfect for a quick weeknight Summer dinner.

Prep Time - 10 minutes Cook Time - 12 minutes Total Time - 25 minutes

Ingredients --Tilapia-- 4 - 4 oz tilapia filets 1 teaspoon salt 1 teaspoon black pepper 1/2 teaspoon garlic powder 1/2 teaspoon chili powder

Avocado Cream 1 whole avocado 1/2 cup sour cream 1/2 cup fresh cilantro, chopped 2 limes, zested and juiced 2 teaspoons salt 1 teaspoon black pepper

Directions Preheat oven to 350 Line a rimmed baking sheet with parchment paper Pat dry tilapia with paper towels on both sides In a small bowl combine salt, pepper, garlic powder and chili powder Sprinkle evenly on both sides of each filet Roast in oven for 8-10 minutes, or until desired doneness is reached

--Avocado Cream-- In the bowl of a food processor, or blender, combine all ingredients for the avocado cream and combine until mixture is smooth, add in a little water or olive oil, if mixture is too thick Taste and adjust seasoning as needed Serve over tilapia (or with chips)