



AADI Recipe

- Tilapia and Chinese Broccoli

The American Heart Association recommends having two servings, or about 7 ounces, of fish each week. Try this recipe and enjoy the health benefits of eating fish.

Ingredients:

- 4 tablespoons orange juice
- 7 tablespoons lemon juice
- 3 tablespoons lime juice
- ¾ cup low sodium soy sauce
- 2 tablespoons distilled vinegar
- 1 tablespoon sesame oil
- 3 tablespoons ginger, grated
- 1 packet sucralose*
- 4 tilapia filets, weighing about 26 ounces total
- 3 tablespoons cornstarch
- 2 tablespoons canola oil
- 1 tablespoon garlic, minced
- 6 cups Chinese broccoli, julienned

Nutrition Facts	
Serving Size 1 serving	
Amount Per Serving	
Calories 200	Calories from Fat 70
% Daily Values*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Sodium 855mg	36%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 21g	42%

*Percent Daily Values are based on a 2,000 calorie diet.

Directions:

1. Mix the orange juice, lemon juice, lime juice, soy sauce, vinegar, sesame oil, 2 tablespoons ginger and sucralose in a saucepan. Bring to a boil over medium high heat, stirring constantly. Remove from heat and set aside, keeping warm.
2. Dredge the filets in the cornstarch and set aside.
3. In a large frying pan or wok, heat 1 tablespoon of the canola oil over high heat. Add garlic and Chinese broccoli. Stir with a spatula or wooden spoon, then add a tablespoon of water. Cover and steam for 2-3 minutes or until the Chinese broccoli is al dente.
4. Uncover the wok, remove the Chinese broccoli to a plate, ready to serve.
5. Wipe out the wok with a paper towel and add the remaining tablespoon of oil and ginger. Heat over high heat for 30 seconds.
6. Lower the heat to medium high and cook the tilapia in batches, about 2-3 minutes a side.
7. Serve the fish immediately and drizzled with the fish sauce.

Servings: 8

**Sucralose is an artificial sweetener that contains no carbohydrate or calories. It can be purchased under the brand name Splenda or Nevella. You may substitute sucralose with the same amount of granulated sugar (1 packet of sucralose = 1 packet/1 teaspoon of sugar). Each teaspoon of sugar contains about 4 g of carbohydrate and 16 kcal.*

