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## Valentine's Day Tip Of The Week

### Sautéed Tilapia with Almonds and Cherries



#### Ingredients

1 Tbsp almonds, sliced  
1 pound raw tilapia, four 4 oz fillets  
1/4 tsp table salt  
1/4 tsp black pepper, freshly ground  
3 tsp olive oil, extra-virgin, divided  
1 small onion(s), chopped  
2 Tbsp wine, dry white or dry vermouth (see note)  
1/2 cup cherries, sweet, pitted, halved  
1/3 cup vegetable broth, reduced-sodium, fat-free  
1/2 tsp dried thyme

#### Instructions

Toast the almonds in a large nonstick skillet set over medium-low heat until aromatic and golden, shaking the pan often, about 4 minutes. Transfer to a bowl.

Season fish with salt and pepper. Heat 2 teaspoons of oil in the skillet, then add the fish. Cook until firm and lightly browned, about 2 minutes, then flip and cook about 2 more minutes. Remove fish to four serving plates.

Heat the remaining teaspoon of oil in the skillet, then add the onion. Cook until softened, about 2 minutes. Add the vermouth or wine; loosen any browned bits of food on the bottom of the pan with a wooden spoon. Cook for 20 seconds, then add the cherries, broth and thyme. Heat until simmering; cook for 30 seconds to reduce slightly. Divide the sauce and toasted almonds among the fish. Serve at once. Yields 1 fillet plus 1/4 of sauce per serving.

\*Substitution Ideas: Try four-ounce sole or flounder fillets.

For more healthy recipes please visit Weight Watcher's at <http://www.weightwatchers.com/food/index.aspx>