

Recipes

Tilapia with Cool Cucumber Sauce

2 T WVGS Pecan Oil
4-6 Tilapia Filets
Salt and Freshly Ground Pepper

Dressing

2 Cups Plain Yogurt
2 Cucumbers
 Peeled from top to bottom, seeded and sliced.
3-5 Garlic Gloves Minced
1 Tsp. each Salt and Freshly Ground Pepper
Juice of One Lemon
Several Sprigs of Dill Chopped

Heat WVGS Pecan Oil in a large saute pan over medium-high flame. Season the side of filet that is up. Once oil is hot, place Tilapia seasoned-side down in the pan and season the other side of the Tilapia. Cook the fish for about two and a half minutes (or until done). While the Tilapia is cooking, combine the yogurt, sliced cucumbers, salt, pepper, lemon juice and chopped dill. Serve atop the sautéed fish. Serve this dish with cooked Orzo that has been seasoned and then drizzle with WVGS Pecan Oil.

