

Amazing Peach Salsa

Over Spice Rubbed Tilapia with a Soy Maple Reduction

Also served with roasted spaghetti squash and potato pancakes.

June 2015 – Serves 2

INGREDIENTS:

1/3 C finely chopped Italian flat leaf parsley

1 peach peeled and chopped

1 big slice red onion, chopped
(about 1/8 inch w)

1 large clove of garlic, chopped finely

½ t lemon zest

1 t fresh squeezed lemon juice

1-2 t canola oil

Dash of salt and pepper to taste

½ t fresh grated ginger

1/3 soy sauce, 3 T real maple syrup

2 4 ounce tilapia filets

You favorite spices rubbed **generously** on top of the tilapia (I used a no-salt seasoning, combined with a little coriander and a bit of cumin)



DIRECTIONS:

Combine the ingredients for the salsa from the parsley down through the ginger. Let sit while you cook the other items.

In a small saucepan, combine the soy sauce and maple syrup. Let simmer for about 25 minutes on a low bubble until thickened.

In a baking dish, arrange the tilapia which has been moistened them with a little oil and rubbed generously with the spice mix about ½ inch apart. Cook in a 450 degree F oven for about 8 minutes, or until barely opaque.

To plate: spoon a little of the thickened soy reduction on the bottom, cover with the squash and the potato pancake offset. Then top with the tilapia, and spoon the salsa on top!

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