

# Ciena Healthcare's

## Five-Spice Tilapia with Citrus Ponzu Sauce

One serving of this fish provides almost all five ounces of meat recommended for those on an 1,800-calorie meal plate

- **YIELD:** 4 servings (serving size: 1 fillet and 1 tablespoon sauce)
- **COURSE:** Main Dishes

### Ingredients

- 2 tablespoons thinly sliced green onions
- 2 tablespoons orange juice
- 1 tablespoon lemon juice
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon brown sugar
- 2 teaspoons rice wine vinegar
- 1/4 teaspoon bottled ground fresh ginger (such as Spice World)
- 1/2 teaspoon five-spice powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground red pepper
- 4 (6-ounce) tilapia fillets
- 2 teaspoons canola oil

### Preparation

Combine green onions, juices, soy sauce, brown sugar, vinegar, and ginger in a small bowl.

Combine five-spice powder, salt, and pepper. Sprinkle both sides of fish evenly with spice mixture.

Heat oil in a large nonstick skillet over medium-high heat. Add fish to pan; cook 2 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Remove from skillet, and serve with sauce.

### Nutritional Information

Amount per serving

- Calories: 217
- Calories from fat: 27%
- Fat: 6.6g
- Saturated fat: 1.8g

- Monounsaturated fat: 1.9g
- Polyunsaturated fat: 2.3g
- Protein: 37g
- Carbohydrate: 3.1g
- Fiber: 0.2g
- Cholesterol: 125mg
- Iron: 1mg
- Sodium: 332mg
- Calcium: 8mg