

Garlic Mushroom Tilapia

4-4 oz. tilapia fillets
4 cloves garlic (minced)
3 Tbsp. olive oil
1 cup white button mushrooms (sliced)
2 Tbsp. chopped parsley
1/4 tsp. cayenne pepper

Preheat oven to 350°. In a skillet, combine garlic, olive oil, mushrooms, cayenne pepper and 1 Tbsp. parsley, and cook until mushrooms begin to soften. Sprinkle fish with salt, and place each fillet on a piece of aluminum foil. Top each with 1/4 of the mushroom mixture and remaining parsley. Loosely wrap fish in foil, crimping the edges to prevent steam from escaping. Place on a baking sheet, and cook for about 30 minutes or until fish just turns opaque.





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***Don't forget to SPRING FORWARD
Sunday March 9, 2008!*** Set your clocks
forward one hour before you go to bed on
Saturday night.

***This is also a great time to replace the
batteries in your Smoke & Carbon
Monoxide detectors*** and test or replace
the detectors!

And if you are ready to buy or sell, call me
and I will spring into action for you!



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