

Five-spice Tilapia with Citrus Ponzu Sauce

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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

Directions

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.