

Thursday



Tilapia Fingers and Oven Fries

Cost per serving \$3.68



Tilapia Fingers and Oven Fries

Prep: 5 min Cook: Serves: 4

4 potatoes, cut into 6 wedges each
(about 1 1/2 lb)

1 tbsp Longo's 100% Pure Canola Oil

1/2 tsp Longo's dried oregano flakes

1/4 tsp each salt and pepper

1 batch frozen Tilapia Fingers (from
Sunday prep)

Half a lemon, cut into wedges

Directions

TOSS potato wedges with oil, oregano, salt and pepper. Spread onto parchment paper lined baking sheet.

BAKE in 450 F oven for 15 minutes.

Place tilapia fingers on another baking sheet and add to oven. Bake for about 15 minutes or until fish flakes easily and potatoes are golden.

SERVE with lemon.

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SERVE with bread.