

Tilapia with Lime

- 16 oz of Tilapia filets, thawed
- 2 tsp garlic, minced
- ½ tsp seafood seasoning
- 3 Tbsp coconut oil
- Zest of one lime
- Juice of one lime

Combine zest, seasoning and garlic in bowl. Melt coconut oil in fry pan, take off heat for a moment and brush filets with some of the melted coconut oil. Sprinkle zest mixture on both sides of filets. Put pan back on heat and saute' the fish, 4 minutes per side until fish flakes easily with a fork.

Squeeze lime juice over fish at the end of cook time.

Crispy Smashed Roasted Potatoes



- 12 to 15 baby red or yellow potatoes (about 1-1/2 oz. each; 1-1/2 to 2 inches in diameter)
- 2-3/4 tsp. kosher salt
- 1/2 cup extra-virgin olive oil

Boil the potatoes:

Put the potatoes in a large saucepan (preferably in one layer) and cover with at least an inch of water. Add 2 tsp. kosher salt to the water. Bring the water to a boil over high heat, reduce to a simmer, and cook the potatoes until they are completely tender and can be easily pierced with a metal or wood skewer. Make sure they are cooked through but don't overcook. The total cooking time will be 30 to 35 minutes.

While the potatoes are cooking, set up a double layer of clean dishtowels on your countertop. As the potatoes finish cooking, remove them individually from the water, and let them drain and sit for just a minute or two on the dishtowels.

Flatten and cool the potatoes:

Fold another dishtowel into quarters, and using it as a cover, gently press down on one potato with the palm of your hand to flatten it to a thickness of about 1/2 inch. Repeat with all the potatoes. Don't worry if some break apart a bit; you can still use them.