

Blackened Tilapia with Cheddar Grits & Pea Shoots

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-fried-tilapia-recipe>

Ingredients:

- 1 cup chicken broth
- 1 shallot
- 1 tablespoon red wine vinegar
- 1 clove garlic
- 2 ounces cheddar cheese
- 2 clementines
- 3 1/2 ounces snow pea shoots
- 3/4 cup grits
- 2 teaspoons Dijon mustard
- 2 fillets tilapia
- 1 tablespoon Cajun seasoning

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 45 milligrams
4. Fat: 7 grams
5. Fiber: 3 grams
6. Protein: 21 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 140 milligrams
9. Sugar: 5 grams

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