

Wendy's Marinated Tilapia over Spinach Salad

Ingredients

*1 pound of Tilapia or Haddock
1 cup of fresh whole garlic (do not mince)
1 table spoon of olive oil
A dab of teriyaki or soy sauce.
½ cup of water (or more if needed)
salt
pepper
fresh parsley
Onion (optional)
1 capful of Cape Cod's Asian Sesame salad dressing*

In large stove top pan marinate...

*Add olive oil, water and seasoning to stove top pan. Cover and simmer for a few minutes.
Add 1 cup of whole garlic cloves to seasoned "covered" pan and simmer for 5 or 10 minutes or until deliciously marinated.
Add 1 Onion (optional)
Add water as needed.
Add 1 pound of Tilapia or Haddock to stove top pan & cook to your satisfaction*

Serve over a bed of spinach, add slices of fresh red pepper, and lightly dress with 1 capful of Cape Cod's Asian Sesame salad dressing. (May substitute Balsamic dressing)

Storage: For best results, tightly pack Tilapia, garlic, and drippings from seasonings in a Tupperware container and cover. Store in refrigerator. This will enhance the seasoning and will be ready to serve on day two with a healthy side dish of your choice.