

# Prosciutto-Wrapped Tilapia w/Citrus Vinaigrette & Couscous Pilaf

Serves 4

## Ingredients

- 4 (4-6 ounce) tilapia fillets
- 4 Slices prosciutto
- 2-3 Fresh sage leaves per fillet
- McCormick Roasted Garlic & Herb Blend (enough to sprinkle on the fillets)
- Salt to taste
- 1 Tbsp olive oil or olive oil spray

## For the Vinaigrette

- 2 Tbsp finely chopped shallots
- 2 Tbsp fresh lemon juice
- 2 Tbsp fresh orange juice
- 4 Tsp extra virgin olive oil
- 2 Tsp white wine vinegar
- 1/4 Tsp salt
- 1/4 Tsp red pepper flakes or to taste (chopped)
- 1/2 Cup white wine (save for last step)

## Fish Preparation

Pat fillets dry with paper towels. Sprinkle one side of fillet evenly with salt and Roasted Garlic & Herb Blend. Place sage leaves on each fillet, fold the fillet in half and wrap with 1 slice of prosciutto. Secure with long wood toothpicks. Rub or spray outside of fillet wrap with olive oil. Fillet wraps can be prepared the day before.

## Optional Broiling or Grilling

If broiling, spray cooking sheet with olive oil and broil fillets, 2-3 inches below the broiler coils, 3-4 minutes each side.

If grilling, brush grill grate with olive oil and grill fillets, covered, 3-4 minutes each side.

## Vinaigrette Preparation

Combine shallots and remaining ingredients, except wine, stirring well with a whisk and set aside. Heat a shallow pan to med-high heat, add wine to pan; cook 30 seconds or until liquid almost evaporates. Add vinaigrette mixture to pan; cook 4-5 minutes until thickened, stirring frequently.

## Couscous Pilaf - Ingredients

- 1 1/2 Cups chicken broth (optional fat-free, low-sodium)
- 1 Cup uncooked couscous
- 1/3 Cup dried cherries
- 1/4 Cup toasted slivered almonds
- 3 Tbsp chopped parsley
- 1 Tbsp extra virgin olive oil
- 1 Tbsp grated fresh lemon rind
- 1/4 Tsp salt
- 1/4 Tsp freshly ground black pepper

## Couscous Preparation

Bring chicken broth to a boil in a medium saucepan over medium-high heat. Add couscous to pan. Cover and remove from heat. Let couscous stand 5 minutes. Uncover and fluff with a fork. Stir in remaining ingredients and keep warm until ready to serve.

Place 1 fillet on top of a generous layer of Couscous; top each fillet with 2-3 tablespoons sauce.

