

Fish of choice

1 Tilapia fillet

1 White Onion (sliced on #5 cone)

Lemon zest

1 bag of frozen Veggies (California Blend)

Place sliced Onions on bottom of 11" skillet. Lay Tilapia on top of Onions with skin side down. Place Lemon zest on top of Tilapia. If desired you may add any other seasoning at this time. Pour frozen veggies on top. **MEDIUM-CLICK-LOW**. After turning to low, cook approximately 15-20 minutes.