

Baked Cajun Tilapia

Total Time: 30 minutes

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Ingredients

- 4 pieces tilapia fillets
- 1 tablespoon Cajun seasoning
- 1/2 cup sour cream 1 lemon, thinly sliced
- 1 teaspoon fresh lemon juice
- 1/4 cup mayonnaise
- 2 tablespoons chopped fresh dill
- Salt and pepper to taste
- 1/8 teaspoon garlic powder

Directions

- Preheat your oven to 350 degrees F and grease a baking dish with cooking spray.
- Season the tilapia fillets with Cajun seasoning, pepper, salt on both sides.
- In the baking dish, arrange the fillets in one layer and add a layer of the lemon slices on top.
- Bake uncovered for 20 minutes or until the tilapia fillets flake with a fork.
- In a bowl, mix together the sour cream, mayonnaise, lemon juice, garlic powder and dill. Serve with tilapia on a plate and enjoy with a glass of white wine.

Chapter 3. Tummy-filling Cajun Dinner

Cajun Eggs with Green Bell Peppers, Onions and Rice

Ingredients

- 1 can of tomatoes
- olive oil
- 1/8 teaspoon paprika
- 1/8 teaspoon rosemary
- 1 teaspoon salt
- 1 garlic clove, minced
- 8 egg yolks plus 1 egg
- 1 medium green pepper, seeded and chopped
- 1/4 cup butter
- fresh ground black pepper
- 1 large onion chopped
- 2 cups hot cooked rice

Directions

- In a medium-sized pan, place a small glass bowl with 8 beaten egg yolks and 1 egg; bake in the oven for 25 minutes at low heat, slice in squares.
- In a skillet, sauté the pepper, garlic, rosemary, onion and paprika with butter.
- Add the sliced eggs and tomatoes together with its liquid; cook for 10 minutes.
- To serve, spoon the eggs over hot cooked rice and sprinkle pepper or salt to taste.