

Sautéed Walleye in White Wine Garlic Sauce



If you can't find walleye, you can substitute tilapia

Serves 2

2 ~ 6oz walleye filets

salt and pepper

Panko crumbs, for dredging

1/4c butter

1c sliced mushrooms

1c tomatoes, diced

2T butter

4 garlic cloves, finely minced

1/3c white wine

1/3c clam juice ~ or fish stock

3T lemon pepper

Season both sides of fish with salt and pepper and dredge in Panko crumbs. Melt butter in medium non~stick skillet over medium heat and sauté 2~3 minutes per side until fish is cooked through.

While fish is cooking, melt butter in saucepot over medium heat. Add garlic and sauté. Add white wine, clam juice and lemon pepper. Simmer until sauce is reduced and thickened.

Remove fish from skillet, place on plate and cover with foil. Add mushrooms and tomatoes to skillet and cook until mushrooms are soft and any liquid has evaporated. Place mushrooms on fish and garnish with garlic white wine sauce.

Serve with cooked pasta or brown rice and steamed broccoli.

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The Meijer logo consists of the word "meijer" in a bold, lowercase, sans-serif font. The letters "i" and "j" are blue, while the other letters are red.

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