



6470 E. Central
Wichita, KS 67206
(316) 425-TUNA (8862)

Hours:
Tuesday-Friday 10-6
Saturday 10-5
Closed Sunday and Monday

RASBERRY TILAPIA

- 4 (4 ounce) fillets tilapia (bream)
- 1/4 cup olive oil
- 1/4 cup raspberry vinegar
- 1/4 cup honey
- 1 teaspoon yellow mustard
- 1/2 teaspoon dried dill weed

Preheat oven to 350 degrees F (175 degrees C). Grease a 11x7 inch baking dish.

In a mixing bowl, whisk together the olive oil, raspberry vinegar, honey, mustard and dill weed.

Arrange the tilapia filets in a single layer in the prepared baking dish. Pour mixture over the fish filets, coating the filets evenly.

Bake in a preheated oven, uncovered for 20 minutes or until fish is flaky with a fork.