

Simple Broiled Fish

This recipe will also work with flounder or sole fillets.

Ingredients:

Tilapia fish fillets

Apple cider vinegar

Sugar or Splenda

Spread the fillets on an aluminum grilling pan and pour some vinegar over the fish. (Just cover the fish. Do not drown it. 🐟)

Sprinkle with a little sugar or Splenda and put in the refrigerator for about 1/2 an hour.

Remove from fridge, turn fillets over, pour some vinegar over the fillets, and sprinkle with sugar or Splenda. Return to fridge for about 15 minutes.

Broil in oven until cooked. Then turn over and broil on the other side.