

## SmartSteamer Tilapia & Green Beans

3 Tilapia filets  
3 Cups of frozen french cut green beans  
Lemon Juice  
Old Bay Seasoning  
Sea Salt  
Cracked Pepper



Season three Tilapia filets with lemon juice, Old Bay season, sea salt and cracked pepper. Place in the main steamer. Place three cups of frozen french cut green beans, seasoned lightly with sea salt & garlic. Place top on SmartSteamer and microwave for 10 min, once done let it sit for another 5 min.

This is 3 servings and a total of 128 Calories per serving!!!  
You don't have to use butter, oil or anything else.

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