

TILAPIA RILLETTES

INGREDIENTS

Rillettes

¼ lb tilapia filets

1 large egg

1 tablespoon coriander,
finely chopped

1 tablespoon red onion,
finely chopped

1 tablespoon lemon juice

1 teaspoon ginger, grated

1 teaspoon dry mustard

½ teaspoon black pepper

1 teaspoon olive oil

Pita Chips

2 white pita breads
(6.5 inch diameter)

1 tablespoon olive oil

PREPARATION

- 1** In a saucepan, bring 1 quart of water to a boil. Add the fish fillet and the cracked egg to the water. Reduce the heat and simmer for 6 minutes until the fish is cooked and the egg poached.
- 2** Remove both from the water and let cool.
- 3** In a small bowl, mix the fish and the egg together with a fork. Add the coriander, onion, lemon juice, ginger and mustard. Season with pepper, cover, and place in the refrigerator for 1 hour.
- 4** Preheat the oven to 300°F.
- 5** Spread the oil on the pita breads. Cut each pita into 8 wedges.
- 6** Place wedges, oiled side up, on a baking sheet and bake for 7 minutes.
- 7** Serve the cooled chips with the fish rillettes.



TILAPIA RILLETTES



Nutrient Analysis

PER SERVING	
¼ of recipe	
Renal/Diabetic Exchanges:	
3 Lean Meat + 1 Starch	
Calories	241
Protein	24g
Total Carbohydrate	18g
Fiber	1g
Sugars	0g
Fat	8g
Saturated	2g
Cholesterol	96mg
Sodium	231mg
Potassium	386mg
Phosphorus	229mg
Calcium	50mg
Iron	1mg
Magnesium	41mg
Vitamin C	4mg

Diet Types

<input type="checkbox"/> CKD Non-Dialysis	<input checked="" type="checkbox"/> Dialysis/Diabetes
<input checked="" type="checkbox"/> Dialysis	<input checked="" type="checkbox"/> Transplant

POTASSIUM CHECK

Rillettes: another way to enjoy fish

A fish rilette is a unique way to serve seafood in place of a standard baked or grilled recipe. Fish is poached and once tender, mixed with other mouth-watering ingredients to form a spread. Rillettes can be used as part of an appetizer, added to a sandwich, spread on a cracker or slice of bread, or blended into a pasta filling. When making rilette, choose ingredients lower in sodium and potassium.

Added fats: Choose unsalted butter or margarine. Also, avoid fats with the first ingredient listed as partially hydrogenated oil to lower saturated fat.

Lower salt: Replace salt with herbs and spices. Choose black pepper, bay leaf, black peppercorn, parsley, garlic and chili pepper depending on your desired flavor.

Vegetable additions: Incorporate strong flavored vegetables to contribute to taste. Select small amounts of chives, leeks, shallots and red onion to add to your rilette.

Serving suggestions: Consider how the rilette will be served to avoid unwanted salt and potassium. Toasted slices of a French baguette or unsalted crackers with a thin layer of rilette are just a few suggestions.

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