Pan Seared Tilapia with Black Bean Salsa

Ingredients:
1 pound tilapia fillets (3/4 inch thick)
2 tablespoons lemon juice
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon garlic salt
1 can (15.25 oz) whole kernel sweet corn, drained
1 can (15 oz) black beans, drained, rinsed
1 can (14.5 oz) petite diced tomatoes, drained
1 tablespoon coarsely chopped fresh cilantro
Lime juice
Salt to taste
Cumin
Flour or Fish Fry Seasoning

Directions:
1. In large bowl, mix corn, beans, tomatoes, cilantro and lime juice; toss to combine. Season with salt. Cover and refrigerate until serving time.
2. Dry each tilapia fillet and lightly pat in seasoned flour
3. Clean and pat dry tilapia fillets. Spread lemon juice over both sides of tilapia. Sprinkle both sides of the fillets with salt and pepper.
4. Dredge Tilapia in flour or fish fry and add cumin
5. Pan sear fillets on each side 4 minutes.
6. Top filets with the salsa mixture and serve.

Serve with fresh pinto beans and mixed berries for a light and refreshing meal.