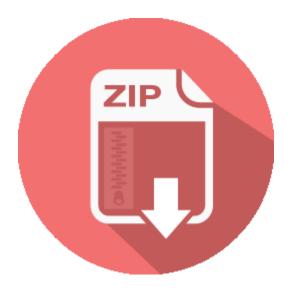
# **PESCETARIAN RECIPES**



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These pescatarian recipes will help you eat like NFL superstar Cam Newton. Even better, they're all ridiculously easy and quick to make.

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#### The Pescatarian Cookbook

This recipe is for a light and flaky tilapia dish that is topped with a hearty and creamy mushroom Marsala wine sauce. Tilapia is a farmed raised fish and is one of those fish you want to purchase with a bit of prior information.

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#### **Pescetarian Recipes Home Facebook**

Instructions 1. He t butter (or oil) in p n or skillet over medium-high he t. Se r s lmon skin-side up for 3-4 minutes. Flip nd se r for 2 minutes.

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