



Recipe of the Month
Pan Seared Tilapia
with Lime Butter

Ingredients:

(for lime butter)

- ½ stick unsalted butter (softened)
- 1 tbsp. finely chopped garlic
- 1 tsp. grated lime zest
- 2 tsp. fresh lime juice
- ½ tsp salt

(for fish)

- 6 (5 to 6 oz) skinless tilapia fillet
- 2 tbsp. vegetable oil
- ½ tsp. salt

Preparation:

Lime Butter:

Stir together butter, garlic, zest, lime juice, and salt in a bowl

Prepare Fish:

Pat fish dry and sprinkle with salt. Heat 2 tbsp. oil in a non-stick skillet over medium high heat. Place fish in pan, cook until golden brown, and just cooked through, about 4- 5 min. Serve each piece of fish with a dollop of lime butter. Suggested serving: Serve with mixed green salad and rice.

SBA E200- Helping J. Cabot Catering Step It Up!!

In 2008 Philadelphia joined a group of select cities across the country to participate in a Small Business Administration (SBA) training initiative called Emerging 200 or E-200. E-200 is a pilot training initiative that immerses owners of promising inner city businesses in MBA-like curriculum designed to stimulate urban economies by helping their most promising businesses grow. Only 20 businesses in Philadelphia were chosen to participate in the program and J. Cabot Catering was one of them. The SBA initiative has allowed Gina Burke, owner and president of J.

Cabot Catering, to participate in an intensive and comprehensive training program focused on developing business growth strategies and attracting capital to fuel that growth. Through the course she has had the chance to attend various workshops, focus on growth goals, marketing, sales, finance, government contracting and accessing capital. As the culmination of the course, Gina with the help of the E-200 program has drafted a 2009 growth plan for J. Cabot Catering. Gina graduated from the program this month and plans to implement the growth plan for her company.



Gina, in the J. Cabot Kitchen

J. Cabot Updates

- ◆ The J. Cabot Referral Plus Program has just been completed. Keep your eyes posted for email updates.
- ◆ Most of you should have received our Holiday card. Our kitchen staff and accountant were busy working and didn't make the picture!!

Not shown in Holiday Picture:

Michael Spruil, Joe Burke, Tyrone Dale, Michael Burke, Anthony Lampkin, and Patricia Marks

A Healthy Start to the New Year

Our new menu includes a wide variety of healthy choices. From breakfasts to entrees, there's always a healthy option to choose from. Check out the list below for ideas.

- * Fitness Breakfast * Omelet Station *
- * Gourmet Sandwich Trays * Grilled Vegetable Platter
- * Fresh Fruit Display * Entrée Salads:
Classic Chicken Caesar, Balsamic Chicken, Mediterranean Platter, Tuna Garden Salad



Grilled Veggie Platter



Fresh Fruit Display