

almond-parmesan-crusting tilapia

Ingredients

2 eggs

1 tsp. lemon pepper

1 tsp. minced garlic

1 cup ground almonds

1 cup grated Parmesan

6 tilapia fillets

¼ cup flour

Salt to taste

Directions

1. Preheat oven to 375° F. Grease baking sheet; set aside.
2. Beat eggs with lemon pepper and garlic until well blended; set aside.
3. Mix ground almonds and parmesan cheese in a shallow dish; set aside.
4. Dust tilapia fillets with flour—shaking off excess—then dip in egg and press into the almond mixture until well covered.
5. Place fillets on prepared baking sheet (salt if desired) and bake for approximately 30 minutes.