

Seafood Charlie Recipe

Lemon Crumbed Tilapia

A Seafood Charlie Recipe

Prep Time: 10 Mins

Cook Time: 15 Mins

Servings: 4

Ingredients

2 large egg whites
1 garlic clove, finely chopped
3 cups cornflakes, crushed into coarse crumbs
1 Tbs chopped fresh parsley leaves
1 tsp dried basil
1 tsp no salt added lemon pepper seasoning
1 tsp lemon zest
4 tilapia fillets (about 2 pounds)
1 small lemon, cut in half
1/2 medium avocado
1/4 cup light sour cream
2 Tbs fat-free milk
1 Tbs chopped red onion
Nonstick cooking spray

Directions

1. Prepare Fish: Preheat oven to 350°. Spray rimmed baking pan with nonstick cooking spray. In wide, shallow dish, whisk egg whites until frothy. In separate wide, shallow dish, combine garlic, cornflake crumbs, parsley, basil, lemon pepper and lemon zest.
2. Dip each tilapia fillet in egg whites, then in cornflake crumb mixture, patting lightly so mixture adheres to both sides. Place tilapia on prepared baking pan.
3. Bake tilapia 15 to 20 minutes or until tilapia turns opaque throughout and reaches an internal temperature of 145°.
4. Meanwhile, prepare Avocado Sauce: In food processor with knife blade attached, blend all ingredients until mixture is well combined, scraping bowl occasionally with rubber spatula.
5. Squeeze juice from lemon over tilapia and serve with Avocado Sauce.

Enjoy!