

## Walnut-Encrusted Tilapia

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2017/walnut-encrusted-tilapia.html>

### Ingredients

- 1 Tbsp extra virgin olive oil, divided
- 1 large egg
- Zest of 1 lemon
- 1 clove garlic, finely chopped
- 1 Tbsp freshly grated Parmesan cheese
- Salt and pepper to taste
- 1/4 cup finely chopped walnuts
- 2/3 cup whole wheat bread crumbs
- 1 lb tilapia

### Instructions

1. Preheat oven to 425 degrees and coat baking dish with 1 tsp olive oil.
2. Beat egg in mixing bowl and add lemon zest, remaining olive oil, garlic, Parmesan cheese, salt and pepper.
3. Mix walnuts and bread crumbs in a large bowl.
4. Dip fish into egg mixture. Then dredge in crumb-nut mixture, coating both sides well. Place breaded fillets on prepared cooking dish.
5. Bake for 17 minutes (or until inside of filet appears opaque) and serve.

**Makes 4 servings**

### Nutrition information per serving

Calories: 253	Dietary Fiber: 2 g
Total Fat: 11 g	Sodium: 148 mg
Saturated Fat: 2 g	Protein: 27 g
Cholesterol: 0 g	Carbohydrates: 11 g