

Tomato Walnut Tilapia

Ingredients

4 Tilapia fillets

1/4 tsp salt

1/4 tsp pepper

1 tbsp butter

1 medium tomato, thinly sliced

Topping:

1/2 cup soft bread crumbs

1/4 cup chopped walnuts

2 tbsp lemon juice

1 1/2 tsp butter, melted

Directions

Sprinkle fillets with salt and pepper. In a large ovenproof skillet, cook fillets in butter over medium-high heat for 2-3 minutes on each side or until lightly browned.

Place tomato slices over fish. Combine the topping ingredients; spoon over tomato. Broil 3-4 inches from heat for 2-3 minutes, or until topping is lightly browned and fish flakes easily with a fork.

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