PARMESAN CRUSTED TILAPIA

Submitted by: Christi Culp (Pasadena, MD)

3-4 Tilapia filets
½ cup Italian breadcrumbs
½ cup parmesan cheese, grated
½ tsp **TSG Outrageously Garlic™**
salt & pepper
extra virgin olive oil

For Topping:

½ cup mayonnaise
Sliced lemon
½ cup **TSG Racy Wasabi Mustard**

1. Preheat oven to 425°F Wash tilapia filets and pat dry on paper towels.
2. Combine crumbs, parmesan, and Outrageously Garlic mixing well.
3. Working with one piece of fish at a time, drizzle with the EVOO and rub over fish until well coated. Sprinkle with a salt & pepper.
4. Dredge each piece in the crumb mixture, coating both sides of the fish. Pat all over to coat.
5. Place in a non-stick pan. Bake at 425° F for about 20 minutes or until they easily flake with a fork and the edges are browning. Sprinkle with more parmesan if desired for extra crunch.

FOR TOPPING - Mix the RACY WASABI RASPBERRY MUSTARD with the mayonnaise and serve the fish with a dollop on each filet. Garnish with a slice of lemon!