

# Pistachio-Crusted Tilapia

Recipe courtesy of *Diane Henderiks*

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## Ingredients:

- 1 cup low-fat milk
- 1 cup shelled pistachios
- 1 tsp. dried thyme
- 1/2 tsp. onion powder
- 2 tbsp. cornmeal
- 1 tsp. lemon zest
- 4 tilapia fillets
- 2 tbsp. canola oil
- 2 tbsp. finely chopped fresh parsley

## Directions:

1. Put fish in a shallow baking dish, pour milk over it, and chill, covered, turning over once, 30 minutes.
2. In a food processor, combine pistachios, thyme, and onion powder. Process until finely chopped and transfer to a shallow dish and stir in cornmeal and lemon zest.
3. Remove fish from milk, letting excess drip off. Transfer to a plate and sprinkle all over with salt and pepper, then dredge lightly in cornmeal-pistachio mixture – only on one side. Transfer to a clean plate as coated.

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## Directions:

4. Heat oil in a large skillet over medium heat.
5. Add tilapia to pan pistachio-side down. Cook for only about 1 minute so the nuts toast but do not burn.
6. Flip to other side and reduce heat to medium and cook about 4 minutes. until fork-tender.
7. Place the fillets on a serving plate and squeeze some lemon juice over them. Add some parsley as decoration.

## Note:

If you want to bake the pistachio-crusted tilapia in the oven, your first step will be to preheat the oven to 400° F. Use aluminum foil to cover a baking pan.

Place the pistachio-crusted Tilapia fillets in the baking pan and bake them in the oven for roughly 10 minutes.

Serves 4