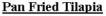
## INGREDIENTS:

- 1/4 Cup all purpose flour
- 2 TSP seafood seasoning
- 1 TSP salt
- 1/2 TSP pepper
- 1 lb tilapia fillets
- 2 TBSP canola oil
- 2 TBSP butter
- 1 TSP garlic chopped
- 2 TBSP lemon juice
- 2 TBSP parsley chopped





- Heat oven 300 degrees. In shallow dish, mix flour, seasoning, salt, pepper. Add fish and lightly coat each side.
- 2. Heat oil in large skillet over medium high heat.
- 3. Shake off any excess seasoned flour from fillets and place in skillet.
- 4. Brown both sides, about 2-3 minutes per side.
- Place fish on baking sheet lined with paper grocery bag or paper towels and keep warm in oven while you prepare sauce.
- Turn down the heat of the pan the fish was cooked in to low and add butter.
- 7. Once melted, add garlic, lemon juice and parsley, sauté for 2 minutes.
- 8. Place fish on serving plates or platter, top with sauce and serve.

## Panko Rusted Salmon or Tilapia

## INGREDIENTS:

- 1 lb. Salmon or Tilapia
- 1 Lemon
- 1 Container Panko Crumbs
- 2. Place fish in baking dish.
- 3. Squeeze lemon juice onto fish.
- Sprinkle with panko crumbs.
- Place into a preheated 350 degrees oven and bake for 15-18 minutes