

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

Pan Fried Tilapia

1. 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.
5. Place fish on baking sheet lined with paper grocery bag or paper towels and keep warm in oven while you prepare sauce.
6. 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.
4. Sprinkle with panko crumbs.
5. Place into a preheated 350 degrees oven and bake for 15-18 minutes.

