

Oat Pistachio Crusted Tilapia

Ingredients:

6 (4 oz) Tilapia Fillets
1/3 c Old Fashioned Oats
1/3 cup Pistachios
2 T Parmesan Cheese
1 t Garlic Powder
1 t Onion Powder
1 t Parsley
4 Slices Lemon



Directions: Pre-heat oven to 425 F. Pulse together oats and pistachios in food processor until crumbs form. Add garlic powder, onion powder, parsley and parmesan cheese. Spray baking pan with cooking spray. Coat each fillet with 'breading' and place on pan. Squeeze lemon juice over fillets and bake for 10-12 minutes until fish is cooked through (opaque and flakes easily with fork-145F internal temp).



Recipe by: Beth Michaels, RD, CDE

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**Nutrition Information per serving
(1 fillet):**

Calories: 128

Fat: 3 grams

Protein: 22 grams

Carbohydrates: 4 grams

Fiber: 1 gram

Sodium: 58 g

Potassium: 51 mg

Fried Fish

259 Calories

15 g Fat

20 g Protein

9 g Carbs

0.8 g Fiber

316 mg Sodium

384 mg Potassium

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