

CITRUS CRUSTED TILAPIA

(adapted from How Sweet It Is)

4 fresh (or thawed) tilapia filets
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
3/4 cup panko bread crumbs
1/4 cup whole wheat flour
1/3 cup bread crumbs
1 teaspoon Herbes de Provence
zest of 2 oranges, 1 lime and 1 lemon
2 egg whites, lightly beaten with a pinch of salt

Heat oven to 425 degrees F. Line a baking sheet with aluminum foil, place a wire rack on top, and spray the wire rack with nonstick spray. In a large bowl, add bread crumbs, flour, citrus zest and a pinch of salt. In another bowl, lightly beat the egg whites, add a teaspoon of water to make it looser.

Season each piece of tilapia with salt and pepper. Dip each piece of fish in the beaten egg whites, allow the excess to drip, then coat with your mixture of breadcrumbs, pressing well to adhere. Place on the wire rack and spray lightly with olive oil spray.

Bake for about 18 minutes, or until breadcrumbs are golden. Depending on how thick your filets are, it could take slightly longer. Test with a knife to see if the fish flakes easily, then it's done.