

## **Crunchy Tilapia**

Family Circle Magazine - September 2011

**Servings: 4**

**Preparation Time: 15 minutes**

**Start to Finish Time: 1 hour 10 minutes**

**Bake Time: 20 minutes**

**1 cup wild rice and lentil blend (such as Rice Select)**

**1 can (14 1/2 oz) reduced-sodium chicken broth**

**4 6-ounce tilapia fillets**

**2 egg whites, lightly beaten**

**1 1/2 cups Lemon-Pepper panko bread crumbs**

Preheat oven to 450 degrees.

Place a wire rack on a baking sheet and coat with nonstick cooking spray.

In a medium-size saucepan, combine the rice blend and broth. Bring to a boil. Stir and cook, covered, on low for 35 minutes or until tender.

Dip the fish in the egg whites and then coat with the panko bread crumbs. Place the fish on the prepared rack.

Bake at 450 degrees for 15 to 20 minutes, until the fish is crispy and cooked through.

Serve the fish with rice and carrot slaw.

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Per Serving (excluding unknown items): 8 Calories; 0g Fat (0.0% calories from fat); 2g Protein; trace Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 27mg Sodium. Exchanges: 0 Lean Meat.