

Tomato Walnut Tilapia

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Servings: 4

Start to Finish Time: 20 minutes

4 4-ounce tilapia fillets

1/4 teaspoon salt

1/4 teaspoon pepper

1 tablespoon butter

1 medium tomato, thinly sliced

1/2 cup soft bread crumbs

1/4 cup chopped walnuts

2 tablespoons lemon juice

1 1/2 teaspoons butter, melted

Sprinkle the fillets with salt and pepper.

In a large ovenproof skillet coated with nonstick cooking spray, cook the fillets in butter over medium-high heat for 2 to 3 minutes on each side or until lightly browned.

Place the tomato slices over the fish.

In a bowl, combine the bread crumbs, walnuts, lemon juice and melted butter. Spoon over the tomato slices.

Broil 3 to 4 inches from the heat source for 2 to 3 minutes or until the topping is lightly browned and the fish flakes easily with a fork.

Per Serving (excluding unknown items): 109 Calories; 9g Fat (70.3% calories from fat); 3g Protein; 6g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 210mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.