



Grandma and Joey  
2006

## *Cornmeal-Crusted Tilapia with Tomatilla Salsa*

*Stephanie Collins*

### **Salsa:**

- ½ cup fresh cilantro
- ½ cup chopped onion
- 1 Tbsp. lime juice
- 2 Serrano chiles, seeded and coarsely chopped
- 1 (11 oz.) can tomatillos, drained
- 1 clove garlic

### **Fish:**

- ¼ cup all-purpose flour
- ¼ cup cornmeal
- 1 Tbsp. water
- 1 large egg white
- 4-6 oz. tilapia fillets
- ¾ tsp. salt
- ½ tsp. chili powder
- 1 Tbsp. olive oil

**Salsa:** Combine first 6 ingredients in a blender; process until smooth and set aside.

**Fish:** Combine flour and cornmeal in shallow dish. Combine 1 tablespoon water and egg white in a shallow dish, stirring well.

Sprinkle both sides of fish evenly with salt and chili powder. Heat oil in large skillet over medium-high heat. Dip fish in egg mixture; dredge in flour mixture. Add fish to pan and cook 2 ½ minutes on each side or until fish flakes easily when tested with a fork. Serve with salsa.

*Roasted potatoes go great with this fish.*

## *Parmesan-Crusted Tilapia*

*Nancy Hildebrandt*

3-4 tilapia fillets (depending on size)	1 tsp. garlic powder
¼ cup breadcrumbs or crushed Ritz crackers	1 Tbsp. lemon juice
¼ cup grated Parmesan cheese	Salt
1 Tbsp. Italian seasoning	Pepper
	Garlic powder
	Olive oil

Thaw and wash tilapia fillets if frozen. Pat dry on paper towels. Combine crumbs, Parmesan, Italian seasoning, and garlic powder on a plate, mixing well. On a different plate, pour 1 tablespoon lemon juice.

Working one at a time, place a fillet on the plate in the lemon juice. Sprinkle with desired amount of kosher salt (be careful about how much salt is in your Parmesan, crumbs, and other seasonings), black pepper, and garlic powder. Turn the fillet over in the lemon juice and sprinkle seasoning on the other side.

Dredge fillet in the Parmesan mixture, patting it all over to coat. Place in an oiled baking dish. Repeat with remaining fillets. Sprinkle a little lemon juice over fillets and drizzle or spray them lightly with olive oil.

Bake at 425° for about 20 minutes or until they easily flake with a fork and edges are browning (you can sprinkle some more Parmesan on top if desired). You can also bake these faster at 450°. *Makes 2 servings.*