



Coconut Panko Encrusted Tilapia

INGREDIENTS:

6 oz. Tilapia, fillet, raw
¼ cup Panko crumbs
1 tsp. Butter buds
1 Tbsp. Coconut, chopped
¼ cup Egg substitute (egg beaters)
Cooking spray

PREPARATION:

- Preheat oven to 375°F.
- Spray a baking sheet with non-stick cooking spray.
- In a medium sized bowl, mix panko crumbs, butter buds, and coconut.
- In a separate bowl place egg substitute (egg beaters).
- Dip one tilapia fillet in egg beaters and coat fillet.
- Next, dip egg coated fillet into the bowl with the breading mixture to coat both sides of fillet, place on baking sheet.
- Continue previous three steps until all fillets are coated with bread mixture and on sheet pan.
- Place baking sheet in the oven, and bake for 12-15 minutes, or until flaky.
- Remove from oven, and Enjoy!

Number of servings: 1
Serving Size: 1 fillet
Calories: 260
Fat Grams: 5

