



## *Adventures in Cooking* *Debbie Larch*

<https://niftysquirrel.com/adventures-in-cooking/recipes/>

### **Oven Baked Tilapia**

#### **Ingredients:**

5 tilapia fillets

1 egg, beaten

1 tablespoon water

1/4 cup olive oil

1 tsp smoked paprika

1 tsp pepper

1 tsp salt

1/4 cup parmesan cheese

1/2 cup bread crumbs

#### **Instructions:**

- Pre-heat oven to 375°F. Use cooking spray to spray a **glass** dish for baking.
- Beat egg and water in a bowl, combine olive oil with bread crumbs, grated cheese (parmesan), and seasonings.
- Dip tilapia in egg mixture then into bread crumb mixture.
- Place coated tilapia in glass baking dish.
- Cook for 12 to 15 minutes, or until cooked through.