

Tortilla Encrusted Tilapia

By: Mike Leach C.E.C.

Prep Time: 25 minutes

Yields: 4 servings

Ingredients

4	ea.	tilapia filets
2	cup	red, white and blue tortilla chips
1	tsp	corn starch
1	tsp	taco seasoning
1	cup	skim milk
1	pinch	salt and pepper

Method

1. Completely thaw tilapia filets.
2. Crush tortilla chips as fine as possible in medium bowl. Add corn starch and spices. Mix well.
3. Pour milk into a large bowl.
4. Dredge filet in milk until evenly coated; then dredge filet in crushed tortilla chips. Lay skin side up on non-stick coated cookie sheet.
5. Place fish in oven pre-warmed to 350°F. Cook fish for roughly 12 minutes or until desired temperature.
6. Serve warm.