

## PECAN CRUSTED TILAPIA

1 cup finely chopped Pecans  
¼ cup dry Bread Crumbs  
1 TB Milk  
¼ tsp Pepper  
Lemon Wedges

2 tsp grated Lemon Zest  
1 egg  
½ tsp Salt  
2 TB Vegetable Oil  
1 lb Tilapia fillets or other  
delicate fish fillets

Mix pecans, bread crumbs and lemon peel in shallow bowl. Beat egg and milk in another shallow bowl. Sprinkle both sides of fish fillets with salt and pepper. Coat fish with egg mixture and then coat with pecan mixture, pressing down slightly. Heat oil in a non-stick skillet over medium heat. Add fish. Reduce heat to low and cook 6-10 minutes, turning once carefully with 2 spatulas, until fish flakes easily with a fork and is brown. Serve with lemon wedges.



*Make It With  
Pecans!*



254•386•8753  
ResleyCreekFarm.com  
dela62@yahoo.com