

TOMATO WALNUT TILAPIA

Preparation: **5 mins.** | Cooking: **15 min** | Servings: **4**

INGREDIENTS

4 tilapia fillets (4 ounces each)
1 medium tomato, thinly sliced
1 tbsp. butter
1/4 tsp. salt
1/4 tsp. pepper

For the Topping:

1/2 cup soft bread crumbs
1/4 cup chopped walnuts
2 tbsp. lemon juice
1 1/2 tsp. butter, melted



INSTRUCTIONS

Sprinkle fillets with salt and pepper. In a large skillet coated with cooking spray, cook fillets in butter over medium-high heat until lightly browned, 2-3 minutes on each side. Transfer fish to a broiler pan or baking sheet; top with tomato. Combine topping ingredients; spoon over the tomato slices. Broil 3-4 inches from the heat until topping is lightly browned and fish just begins to flake easily with a fork, 2-3 minutes.