

U.S. Farm-Raised Almond Crusted Tilapia

When something is cooked with almonds, the French often refer to it as amandine. In English, the term almondine is often used.

- 4 U.S. farm-raised tilapia fillets
- 2 lemons
- 1 Tbsp. olive oil
- ¼ t. salt
- ¼ t. pepper, coarsely ground
- ¼ cup almonds, sliced

Preheat oven to 425°. Grate one teaspoon of lemon peel and squeeze 1 Tablespoon of juice. Cut second lemon into wedges. Mix lemon peel, lemon juice, olive oil, salt, and pepper. Spray a 13X9 glass baking dish with non-stick spray. Lay tilapia on dish and drizzle with lemon mixture. Press almonds on top of fish. Bake for 15 minutes or until tilapia becomes opaque.

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