

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.

National Aquaculture Association

PO Box 1647, Pine Bluff, Arkansas, 71613

Phone: 870-850-7900 Fax: 870-850-7902 Email: naa@thenaa.net