

Pepita Crusted Tilapia



4 tilapia filets
1 teaspoon smoked paprika
1/2 teaspoon ground cumin
1/4 teaspoon salt

1/8 teaspoon cayenne pepper
1/2 cup panko crumbs
1/4 cup chopped pepitas
2 eggs, slightly beaten

Instructions: Preheat oven to 375°F. Spray a baking dish with non-stick cooking spray. In a gallon-size sealable plastic bag, add the spices, panko and pepitas; seal and shake to combine. Place eggs in a shallow dish. Dip tilapia filets in egg and place in bag with breading mixture; seal and shake to evenly coat fish. Place fish on prepared baking dish. Bake for 10-12 minutes or until fish reaches minimum internal temperature of 145°F.

Yield: 4 servings

Nutrition Facts (per serving): 230 calories, 8 grams fat, 280 milligrams sodium, 11 grams carbohydrate, 1 gram fiber, 29 grams protein