

## **Herb-Breaded Tilapia**

Serves 2

2 tilapia fillets  
2 Tbsp. flour  
1 egg  
1 lemon, divided  
1/3 cup bread crumbs  
2 Tbsp, fresh chopped parsley  
2 tsp. fresh chopped thyme  
1/4 tsp. garlic powder

Season the tilapia with salt and pepper and then dredge in the flour, shaking off any excess.

Lightly beat an egg in a small baking dish or bowl and mix in the juice of half the lemon. In another dish, combine the breadcrumbs, parsley, thyme, garlic powder, and salt and pepper to taste.

Dip the floured tilapia first in the egg, and then into the breadcrumb mixture, coating evenly and pressing to adhere if necessary.

Heat a nonstick skillet over medium heat, and add enough oil to coat the bottom of the pan. Once hot (if you flick a little piece of the breadcrumb mixture in there and it bubbles/sizzles, you're good to go), add the tilapia. Cook for approximately 3 minutes per side, or until fish is cooked through and flakes with a fork.

Cut the remaining half lemon into wedges and serve alongside the tilapia.