

Oven Fried Tilapia



Cookwell™
Healthy Cooking Oils

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INGREDIENTS

Oven Fried Tilapia

- 1/4 cup Cookwell Oil Fry Plus™
- 1 lb Tilapia Fillets
- 1 c. Whole Wheat Flour
- 1 tsp. Pepper
- 1/4 tsp. Salt
- 1/2 tsp. Paprika

COOKING INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Mix flour, salt, pepper and paprika together on a plate.
3. Dip each piece of fish in oil.
4. Dredge in flour until coated.
5. Bake in oven for 20-25 minutes, until golden brown.
6. Serve with Greek yogurt tartar sauce and enjoy!

INGREDIENTS

Greek Yogurt Tartar Sauce

- 1 cup Greek Yogurt
- 1 Tbsp. Garlic, minced
- 2 Tbsp. Red Onion, minced
- 3 Tbsp. Sweet Pickle Relish
- 1/4 cup Parsley, chopped
- 1/2 tsp. Salt
- 1/4 tsp. Pepper
- 1/4 tsp. Hot Sauce
- 1 Tbsp. Lemon Juice

COOKING INSTRUCTIONS

Mix all ingredients together until well combined, serve with oven fried tilapia and enjoy!

Tip: Oven frying reduces fat intake while keeping the delicious flavor of fried food.

