



Noreen's Kitchen

Oven Baked Tilapia

Ingredients

2 Pounds Tilapia Fillets or about 8 fillets	1 Teaspoon Cracked Black Pepper
1 Cup Dry Bread Crumb	1 Teaspoon Old Bay Seasoning
1 Cup Corn Meal	1 Teaspoon Lemon Pepper Seasoning
1 Teaspoon Salt	1 Cup Buttermilk

Step by Step Instructions

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Preheat oven to 350 degrees.

Rinse and dry fish fillets and set aside

Place bread crumb, cornmeal, salt, pepper, old bay and lemon pepper in a shallow dish and mix well.

Place buttermilk in another shallow dish

Dip each fish fillet first in the buttermilk, then into the crumb mixture, making sure to coat completely.

Place breaded fillets on a baking sheet lined with aluminum foil or parchment paper that has been sprayed with cooking oil spray.

Spray each fillet with cooking oil spray. This will help you get a nice crispy coating and simulate the frying process without all the extra work.

Bake for 20 to 25 minutes or until fish is flaky and opaque. You may need to adjust your cooking time depending on the thickness of your fish.

Remove from oven and serve.

Enjoy!