Dinner Tonight!

Spicy Fish Tacos

6 fillets of tilapia
1 Tablespoon ground black pepper
1 teaspoon salt
1 teaspoon cilantro (finely chopped)
1 ½ Tablespoon cayenne pepper
½ cup of flour
½ cup of crushed wheat crackers
1 egg
1/2 cup of olive oil to cover entire skillet
12 corn tortillas, warmed in oven or skillet, or hard shell tacos
Tomatoes, cheese, onions, avocado, lettuce, salsa – for topping purposes

In a large bowl, combine black pepper, salt, cayenne pepper, cilantro, flour, and crushed wheat crackers. Crack egg into separate dish. Cut tilapia into 2 fillets. Dip fillets into egg mixture then dredge and coat well with flour mixture. Heat olive oil in skillet. When oil is hot, place breaded fillet in pan and sear each side to a golden brown. Cook for 2 – 3 minutes. Place on top of corn tortilla or in hard taco shell. Place tomatoes, cheese, onions, avocado, and lettuce on top. Add salsa for added flavor, if desired.

Note: If you like “spicy”, add another ½ Tablespoon of cayenne pepper. OR, if you prefer “mild”, reduce cayenne pepper to ½ - 1 Tablespoon.

Preparation Time: 20 minutes
Cook Time: 2-3 minutes
Serves: 4

Nutrition facts per serving:
Calories: 181  Sodium: 322 mg
Total Fat: 5 g  Cholesterol: 172 mg
Total Carbohydrate: 6 g  Protein: 25 g

Serve with: beans and rice or alone. Quick and easy!