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## Crunchy Oven Tilapia

Prep Cook Time: 30 minutes

SERVES 4

### Ingredients

¼ cup flour  
¼ teaspoon salt  
¼ teaspoon pepper  
3 egg whites  
½ cup bread crumbs  
¼ cup cornmeal  
¾ teaspoon dried basil  
4-6 tilapia fillets, thawed

### Steps

1. Place flour, salt & pepper in one bowl. Beat eggs until frothy in a 2nd bowl. Combine bread crumbs, cornmeal & basil in a 3<sup>rd</sup> bowl.
2. Dip tilapia in flour, then egg, then breadcrumb mix. Lay fillets in a greased casserole dish.
3. Bake @ 450 degrees for 15 minutes or until fish is flakey.