

Crusted Tilapia with Adobo Seasoning

Also Known As

Course	Yield	Type of Food	Main Ingredient
Entrée	4 servings	Fish	Fish

Comments

Tilapia is such a great fish. It can be used in so many ways. Try this method as an alternative to how you would usually prepare tilapia.

Prep Time 10 minutes **Cooking Time** 15 minutes **Ethnic Origin** American

1/8=.125 1/4=.25 1/3=.33 3/8=.375 1/2=.5 5/8=.625 2/3=.66 3/4=.75 7/8=.875

	Pre-Heat? <input checked="" type="checkbox"/> Yes	Temperature 425	Grease Pan? <input type="checkbox"/> Yes
Measure	Ingredient	Measure	Ingredient
4	6 oz tilapia filets		
8	crackers, crushed		
	Ritz or other flavored cracker		
.5 tsp.	sea salt		
.25 tsp.	chili powder		
.25 tsp.	adobo seasoning		
2 Tbs.	unsalted butter, cold		

Instructions

Arrange fish on a lined baking sheet.

In a mixing bowl, combine crushed crackers with salt, chili powder, and adobo seasoning

Cut butter into 6 equal pats.

Place one pat in the center of the tilapia.

Cut remaining 2 pats into pea-sized pieces and mix by hand into cracker mixture.

Sprinkle crumbs equally over each tilapia filet.

Bake in a preheated oven at 425°F for 15 minutes, or desired doneness.

Serve hot.