



Almond Crusted Talapia

Ingredients

1.5 oz whole natural almonds (about 36)
2 tbs saffron spice
1 tsp sea salt
1 tsp black pepper
1 oz whole wheat pita bread - dry
1 each egg white
1.25 lb Talapia

Nutrition Facts (per serving)

Calories	245
Fat (g)	9
Saturated Fat (g)	-
Cholesterol (mg)	38
Sodium (mg)	952
Carbohydrate (g)	8
Fiber (g)	3
Protein (g)	32
Calcium (mg)	-

Preparation

Grind almonds, saffron threads, whole wheat pita, salt, and pepper in grinder. Wisk egg white and brush on fish. Roll fish in almond mixture. Bake at 400 for 20 minutes. You may like to brown the fish on both sides lightly and then bake to make it moist.

Use any fish you like; talapia, perch, orange roughy, whitefish, catfish

Note - (salt can be reduced for sodium reduction)

Serves 3

Portion: 1 - 6 oz. Fillet

