

Baked Crispy Tilapia

Carol Ball

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

Servings: 2

*4 to 6 frozen tilapia fillets
mayonnaise
sour cream
onion chips*

Preheat the oven to 375 degrees.

Spread mayonnaise on the frozen fillets.
Sprinkle crushed chips over each piece.

Place on a foil-lined cookie sheet.

Spray the foil with nonstick cooking spray.

Bake for 30 minutes.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .