

Baked Tilapia

By Bob Bridges (modified from recipe from Internet)

Ingredients:

- 4 Tilapia Filets
- Garlic Powder
- Old Bay Seasoning
- Butter or Olive Oil

Directions:

1. Line a baking sheet with aluminum foil. Spray the foil with cooking spray.
2. Place tilapia on the foil and rub with butter or olive oil.
3. Sprinkle with garlic powder and old bay seasoning.
4. Sprinkle the top of the fillets with Panko bread crumbs.
5. Bake for 15 minutes at 350 degrees.

After the 15 minutes are up, remove the fish from the oven and check for doneness. The fish should be white and flaky. You may put the fish under a broiler for a minute or two to brown the bread crumbs a little more.