

My awesome tilapia

Original recipe makes 4 Servings

- 4 filets [tilapia](#)
- 3 tbs [Extra virgin olive oil](#)
- 1 tsp [lemon](#) juice
- 1 tsp [garlic](#); minced, jar
- 1 cup Dry white cooking wine
- 1 tbs [butter](#); or margarine
- 1 cup breadcrumbs
- 1/2 cup [Parmesan](#) cheese grated



1. Mix parmesan cheese with breadcrumbs.
2. Rinse tilapia and dredge in breadcrumb mix.
3. Heat oil in skillet and cook tilapia until done, flipping once.
4. Remove the tilapia to a plate.
5. Add wine, lemon, butter and garlic to skillet and scrape up the remnants stuck in the pan. Heat until garlic cooks through and liquid reduces about half.
6. Add tilapia back to the pan and spoon sauce over it to reheat it, and serve.