

NUTTY (Fish) FILLETS

SOURCE: Dierbergs.com (Dierbergs Everybody Cooks Interactive Cookbook CD)

INGREDIENTS:

1 1/2 lbs tilapia or other white-fleshed fish fillets
1/3 C finely chopped pecans
1 TBS brown sugar
1/2 tsp Worcestershire sauce
1 1/2 TBS Dijon-style mustard

DIRECTIONS:

Rinse fillets & pat dry. Place fillets on foil-lined rimmed baking sheet. In medium bowl, combine pecans, brown sugar + Worcestershire sauce. Spread a thin layer of mustard over each fillet. Divide pecan mixture evenly over tops of fillets, spreading and patting to cover well. Bake in 450° F oven 10-12 minutes, or till fish is opaque and flakes easily with tines of a fork. Serve immediately.

Makes: 6 servings

To complete your meal ... Rice Pilaf + Steamed Green Beans