

## **Cornmeal Crusted Tilapia with Fresh Peach Chutney**

4 tilapia fillets

1 Tsp olive oil

Egg Wash:

1 egg, lightly beaten with 1 teaspoon of water

Dry Ingredients:

1/2 Cup cornmeal, medium grind

1/2 Cup all-purpose flour

1 Tsp Old Bay seasoning

1/2 Tsp dried oregano

1/2 Tsp garlic powder

1/4 Tsp kosher salt

1/4 Tsp freshly ground black pepper

### **Step One**

To make the coating, mix all the dry ingredients together and place in a zippy bag. Pat the tilapia dry and dip the fillets into the egg wash, then shake in the zippy bag.

### **Step Two**

In a large skillet heat the oil over medium heat.

### **Step Three**

Sauté fillets until golden. Now, flip. Cook until fish is cooked through (3 to 5 minutes per side).

### **Fresh Peach Chutney**

*This salsa is awesome with chicken or tortilla chips, too!*

1 Cup diced fresh peaches

1/3 Cup roasted red peppers, drained & diced

1/4 Cup diced red onion

1/2 - 1 Tsp hot sauce

2 TB fresh cilantro, chopped

1 TB fresh lime juice

Combine all ingredients and chill. Makes 1 1/2 Cups Salsa