

Talapia

By lennie jo barnes

I get my Talapia from Winco Foods. They seem to have the best. I also get my ground nut meal from Trader Joe's.

Place about 2 Tlbs. peanut oil or butter in electric fry-pan at 350°

Dip Talapia in egg wash, then flour and pat in almond or chestnut meal. Add to fry pan and brown each side. It doesn't take long, maybe 8 minutes. I serve this over rice for the four of us.

You could put a fruit, corn or tomato salsa on top.