

Crab Stuffed Tilapia

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Ingredients

Filling

$\frac{1}{2}$ cup lump crab meat
5 tablespoons butter, melted
1 cup seasoned breadcrumbs
1 clove garlic, minced
 $\frac{1}{2}$ cup pepper-jack cheese, shredded
1 tablespoon lemon juice
Pinch dill
Salt and pepper to taste

Fish

4 tilapia (can substitute flounder) fillets, thawed
1 tablespoon butter, melted
 $\frac{1}{2}$ teaspoon paprika
 $\frac{1}{4}$ teaspoon dill
salt and pepper to taste

Directions

Mix together all filling ingredients. Cut a slit into the center of fish, making a pocket for the filling. Fill each pocket with $\frac{1}{4}$ of the filling. Brush fish with melted butter. Sprinkle paprika, salt, pepper and dill on top of fish. Bake at 350 degrees for 12 minutes. Fish will flake apart when done. Serve with a lemon wedge.