

Air Fryer Walnut-Crusted Tilapia

**HENRY
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Yield: 4 servings



Ingredients:

- 2 Tablespoons light mayonnaise
- 1 Tablespoon Dijon mustard
- 2 teaspoons lemon juice, fresh
- 4 Tilapia fish fillets, 4 ounces each
- 1/4 teaspoon salt, divided
- 3/4 teaspoon ground black pepper, divided
- 1/2 teaspoon dried basil
- 3/4 cup walnuts, finely chopped
- 2 teaspoons canola oil
- 1 medium onion, sliced
- 3 cups mustard greens, cut into 1-inch strips
- 1/4 teaspoon garlic powder

Directions:

1. In a small bowl, stir together mayonnaise, mustard, and lemon juice. Pat tilapia fillets dry with a paper towel. Spread mayonnaise mixture equally on fillets.
2. Sprinkle 1/8 teaspoon salt, 1/2 teaspoon pepper, and dried basil over the fillets. Place chopped walnuts on a flat plate. With the mayonnaise mixture facing down, press each fillet into chopped walnuts.
3. Heat air fryer to 350 degrees F and cook fillets for 8 minutes or until nuts are browned and fish is flaky.
4. While fish is cooking, heat canola oil in a large sauté pan over medium heat. Add onions and cook for 3-4 minutes or until translucent. Add mustard greens, remaining 1/8 teaspoon salt, 1/4 teaspoon garlic powder, and remaining 1/4 teaspoon black pepper.
5. Cook for about 7 minutes or until tender, adding 1/4 cup water if pan becomes dry. Divide mustard green mixture between 4 plates and arrange one fillet on top of each.

Nutritional information per serving:

Calories: 362
Fat: 21 grams
Saturated fat: 2.5 grams

Cholesterol: 59 mg
Sodium: 326 mg
Carbohydrates: 10 grams

Fiber: 3.5 grams
Protein: 28 grams

Food exchanges:
2 vegetable, 3 1/2 protein,
1 fat

For a demo of this recipe, and for more wellness information, visit [HenryFord.com/recipes](https://www.HenryFord.com/recipes)