

Herb-Crusted Tilapia:

Ingredients:

- 4 tilapia fillets
- 1/2 cup breadcrumbs
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- Salt and pepper to taste
- Lemon wedges for garnish (optional)

Instructions:

1. Preheat your oven to 400°F (200°C).
2. In a shallow dish, combine breadcrumbs, Parmesan cheese, chopped parsley, dried basil, dried oregano, minced garlic, salt, and pepper.
3. Brush the tilapia fillets with olive oil and coat them with the breadcrumb mixture, pressing gently to adhere.
4. Place the coated fillets on a baking sheet and bake for about 12-15 minutes, or until the fish is cooked through and the crust is golden brown.
5. Optionally, serve with lemon wedges for garnish.

Side 1: Garlic Butter Green Beans:

Ingredients:

- 1 pound fresh green beans, trimmed
- 2 tablespoons butter
- 2 cloves garlic, minced
- Salt and pepper to taste
- Lemon zest (optional)

Instructions:

1. Bring a pot of salted water to a boil. Add the green beans and blanch for 3-4 minutes until they are crisp-tender. Drain and set aside.

2. In a skillet, melt the butter over medium heat. Add minced garlic and sauté for 1-2 minutes until fragrant.
3. Add the blanched green beans to the skillet, toss to coat with the garlic butter, and season with salt and pepper.
4. Optionally, sprinkle with lemon zest before serving.

Side 2: Lemon Herb Quinoa:

Ingredients:

- 1 cup quinoa
- 2 cups vegetable broth
- Zest and juice of 1 lemon
- 2 tablespoons fresh herbs (such as parsley, dill, and chives), chopped
- Salt and pepper to taste

Instructions:

1. Rinse quinoa under cold water and drain.
2. In a saucepan, bring vegetable broth to a boil.
3. Add quinoa, reduce heat, cover, and simmer for about 15 minutes or until the liquid is absorbed.
4. Fluff the quinoa with a fork and stir in the lemon zest, lemon juice, and fresh herbs. Season with salt and pepper.

Serve the Herb-Crusted Tilapia with Garlic Butter Green Beans and Lemon Herb Quinoa for a delightful and healthy meal. Enjoy your tilapia main dish with these delicious sides!