



# Air Fryer Walnut-Crusted Tilapia



## INGREDIENTS

- 2 tablespoons light mayonnaise
- 1 tablespoon Dijon mustard
- 2 teaspoon lemon juice, fresh
- 4 tilapia fish fillets, 4 ounces each
- ¼ teaspoon salt, divided
- ¾ teaspoon black pepper, divided
- ½ teaspoon dried basil
- ¾ cup walnuts, finely chopped
- 2 teaspoons canola oil
- 1 medium onion, sliced
- 3 cups mustard greens, cut into 1-inch strips
- ¼ teaspoon garlic powder

### Nutrition Information:

Calories: 362, Total Fat: 21g, Saturated Fat: 2.5g, Cholesterol: 59mg, Sodium: 326mg, Total Carbohydrate: 10g, Fiber: 3.5g, Protein: 28g

## DIRECTIONS (Yields 4 servings)

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. Sprinkle 1/8 teaspoon salt, ½ 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.
2. Heat air fryer to 350 degrees F and cook fillets for 8 minutes or until nuts are browned and fish is flaky
3. While fish is cooking, heat canola oil in a large sauté pan over medium heat. Add onions and cook 3-4 minutes or until translucent. Add mustard greens, remaining 1/8 teaspoon salt, ¼ teaspoon garlic powder, and remaining ¼ teaspoon black pepper. Cook for about 7 minutes or until tender, adding ¼ cup water if pan becomes dry. Divide mustard green mixture between 4 plates and arrange one fillet on top of each.