

# Pistachio-Crusted Tilapia

1 cup shelled pistachios  
1 teaspoon dried oregano  
1 teaspoon dried thyme  
1/2 teaspoon garlic powder  
4 tilapia fillets  
Salt and freshly ground black pepper  
3 tablespoons honey mustard  
1 1/2 tablespoons olive oil, divided

In a food processor, combine pistachios, oregano, thyme, and garlic powder. Process until finely chopped and transfer to a shallow dish. Season both sides of tilapia fillets with salt and pepper. Brush honey mustard over both sides of tilapia and then transfer to pistachio mixture. Press mixture into both sides of fish.

Heat 1 tablespoon of the oil in a large skillet over medium heat. Add tilapia and cook 2 to 3 minutes per side, until fork-tender.