

Fried Taliapa

2 lbs boneless skinless tilapia fillets
2 teaspoons chili powder
½ teaspoon ground cinamon
1 teaspoon oregano
¼ teaspoon ground cloves
¼ teaspoon allspice
½ cup garbanzo bean flour
½ cup lime juice
Olive oil



Heat oil in the bottom of a frying pan or electric skillet. Mix spices and garbanzo bean flour. Dip thawed fish fillets in lime juice than foll to coat in spice/flour mixture. Cook in hot oil (water sizzless when dropped in it) 3 to 5 minutes on each side until done and crisp.

<http://www.lincolntent.com/GlutenFreeCaseinFree-Meatless.html>