

Cashew Crusted Ono



Ingredients

4 6 oz ono fillets
2 tablespoons silken tofu or Greek yogurt
4 tablespoons chives, chopped
1 teaspoon horseradish
Grated zest and the juice of 1 lemon
Sea salt and black pepper
½ cup cashews, finely chopped

Directions

1. Preheat the oven to 425 degrees
2. Place ono in lightly greased, shallow baking dish
3. In a small bowl mix the tofu, chives, horseradish, lemon zest & juice
4. Season mixture with sea salt and pepper
5. Cover ono evenly with mixture and top with cashews
6. Bake for 18 – 20 minutes or until fish is done and the crust is golden and crunchy