

Baked Fish with Parmesan-Sour Cream Sauce



- 1 ½ pounds tilapia
- 1 (8-ounce) container sour cream
- ¼ cup shredded Parmesan cheese
- ½ teaspoon paprika
- ½ tablespoon chopped fresh *oregano*
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons Italian-seasoned breadcrumbs
- 2 tablespoons butter or margarine, melted

Place fillets in a single layer in a lightly greased 13- x 9-inch pan. Stir together sour cream, cheese, paprika, oregano, salt and pepper; spread mixture evenly over fillets. Sprinkle with breadcrumbs, and drizzle with butter. Bake at 350 degrees for 20 to 25 minutes or until fish flakes with a fork.

Serves 4-6.