

PARMESAN CRUSTED TILAPIA

4 Servings

PREP TIME	COOK TIME	TOTAL TIME
10 mins	15 mins	25 mins

INGREDIENTS:

- ☐ 4 tilapia fillets (8 ounces each)
- ☐ 1 lemon juiced
- ☐ ¼ cup grated parmesan
- ☐ Lemon wedges (for serving)
- ☐ 2 tbs salted butter, melted
- ☐ 1 tsp garlic powder
- ☐ Salt and pepper, to taste
- ☐ Minced fresh parsley (for serving)



DIRECTIONS

1. Preheat oven to BROIL on HIGH and place a rack about 5-6 inches from the broiler unit.
2. Line a rimmed baking sheet with foil and spray with cooking spray.
3. Set aside
4. Pat tilapia dry and season with salt and pepper, to taste.
5. Combine melted butter, lemon juice, garlic powder in a small bowl.
6. Brush the butter mixture on both sides of the fish.
7. Place the fish on the prepared baking sheet, bottom side UP, and broil for 5 minutes.
8. Flip the fish over, sprinkle with parmesan cheese and return to the broiler for 5-6 more minutes.
9. The fish will flake easily with a fork when it's done.
10. Garnish with lemon wedges and parsley