

Parmesan Tilapia

The flavors are light and delightful in this healthy entree recipe. With the tender tilapia filets, the seasonings and the fresh lemon flavor, this is sure to be a hit for dinner.

Recipe Type: Fish and Shellfish, Main Dish

Degree of Difficulty: Moderately difficult

Ingredients

1/2 cup Parmesan cheese
1/4 cup Butter, softened
3 Tbsp Mayonnaise, fat free
2 Tbsp Lemon Juice, freshly squeezed
1/4 tsp Dried Basil Leaves, chopped
1/4 tsp Black Pepper
1 dash Onion powder
1 dash Celery Salt
2 lbs Tilapia
1 spray Cooking Spray, as needed

Directions

- 1 Preheat oven broiler
- 2 Spray broiler pan or line with aluminum foil.
- 3 Mix together the parmesan cheese, butter, mayo, lemon juice and seasonings.
- 4 Place tilapia filets on broiler pan.
- 5 Place in broiler (a few inches from the heat if pan can be adjusted).
- 6 Broil for approximately 2 to 3 minutes.
- 7 Flip the filets and broil another 2 minutes.
- 8 Remove and cover tilapia with parmesan cheese mixture.
- 9 Place back under broiler for approximately 2 minutes or until topping is browned.

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 7 minutes

Total Time: 22 minutes

Nutrition Facts

Nutrition (per serving): 229 calories, 94 calories from fat, 10.7g total fat, 85.4mg cholesterol, 297.6mg sodium, 447.9mg potassium, 2.2g carbohydrates, <1g fiber, <1g sugar, 32.2g protein.

Servings: 8

Yield: 8 - 1/2 lb Tilapia Filets

Weight Watchers Points

Orig. WW Pts: 5

Points Plus: 6