



Lemon Parmesan Tilapia

INGREDIENTS:

2 – 4 oz.	Tilapia fillets, fresh or thawed
2 Tbsp.	Lemon juice concentrate
3 Tbsp.	Parmesan cheese, fresh grated
2 tsp.	Lemon pepper seasoning
	Cooking spray

PREPARATION:

- Preheat oven to 370°F.
- Lightly spray bottom of baking pan or baking sheet with cooking spray.
- Place both fillets on baking sheet.
- Pour one tablespoon of lemon juice over each fillet.
- Then sprinkle one and half tablespoons of parmesan cheese over each fillet.
- Finally sprinkle one teaspoon of lemon pepper over each fillet.
- Place baking sheet in the oven.
- Bake for approximately 15 minutes.
- Fish should look white when fully cooked.

****Chef's note:** Practice makes perfect! Do not be afraid. ☺ This technique can be used with a variety of fish, so if you do not have tilapia, no need to worry. Enjoy!

Number of servings:	2
Serving Size:	1 fillet
Calories:	160
Fat Grams:	5

