

Parmesan-Crusted Tilapia



Serves 4

Ingredients:

- Salt and pepper, to taste
- $\frac{1}{4}$ cup grated Parmesan cheese
- 3 tablespoons butter, softened
- 1 tablespoon lemon juice
- 4 tilapia filets

Instructions:

1. Season both sides of tilapia with salt and pepper.

2. In a small bowl, combine, cheese, butter, lemon juice, and additional salt and pepper.
3. Place tilapia filets on a baking sheet sprayed with cooking spray and spread butter mixture on filets. Broil until golden brown. Serve hot.

Nutrition per serving: Calories 218; Total Fat 12.8 g; Saturated Fat 7.5 g; Monounsaturated Fat 3.6 g; Polyunsaturated Fat: 0.9 g; Total Carbohydrates 0.5 g; Dietary Fiber 0.0 g; Sugar Alcohols 0.0 g; Sugars 0.2 g; Protein 25.8 g; Sodium 254 mg