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# Baked Tilapia

*Cheryl Brink*

*Nettles Island Cooking in Paradise - 2014*

Servings: 4

**4 tilapia fillets**

**3 tablespoons fresh lemon juice**

**1 tablespoon butter, melted**

**1 clove garlic, finely chopped**

**1 teaspoon dried parsley flakes**

**pepper (to taste)**

Preheat the oven to 375 degrees. Spray a baking dish with nonstick cooking spray.

Rinse the tilapia fillets under cool water and pat dry with paper towels. Place the fillets in the baking dish. Pour lemon juice over the fillets, then drizzle butter on top. Sprinkle with garlic, parsley and pepper.

Bake in a preheated oven until the fish is white and flakes when pulled apart with a fork, about 30 minutes.

(Line the baking dish with foil to make the clean-up easier.)

## **Seafood**

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*Per Serving (excluding unknown items): 29 Calories; 3g Fat (82.7% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 30mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 1/2 Fat.*