

Tilapia with Parsley-Lemon Mayonnaise

Sandra Lee Semi-Homemade Quick & Easy Cooking - July/August 2011

Preparation Time: 10 minutes

Grill Time: 6 minutes

To grill lemon slices, grill for about 25 to 30 seconds on each side.

1 cup mayonnaise
2 tablespoons fresh parsley, chopped
2 teaspoons lemon zest
3 tablespoons fresh lemon juice
1/4 teaspoon salt
1/4 teaspoon ground black pepper
4 tilapia fillets
3/4 teaspoon salt
1/2 teaspoon ground black pepper
lemon slices (for garnish)
chopped fresh parsley (for garnish)

In a small bowl, stir together the mayonnaise, parsley, lemon zest, lemon juice, salt and pepper. Mix well.

Cover and chill for at least 30 minutes or up to 3 days.

Spray the grill rack with nonstick cooking spray.

Preheat the grill to medium-high heat (350 to 400 degrees).

Sprinkle both sides of the fish with the salt and pepper.

Lightly spray the fish with nonstick cooking spray.

Grill the fish, covered, for 3 minutes on each side, or until the fish flakes easily with a fork.

Garnish the fish with grilled lemon slices and chopped fresh parsley.

Serve the fish with the Parsley-Lemon mayonnaise.

Per Serving (excluding unknown items): 1598 Calories; 187g Fat (97.9% calories from fat); 3g Protein; 6g Carbohydrate; 1g Dietary Fiber; 77mg Cholesterol; 3388mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fruit; 16 Fat.