

Lemon and Garlic Tilapia (Baked) with Mango Salsa

Prep time 10 mins

Cook time 15 mins

Total time 25 mins

Serves: 6

- 3-6 Tilapia filets (6 oz. each)
- 6-8 cloves garlic, crushed and diced large
- 2½ tbsp butter (4 tbsp – if no cooking spray)
- 4 tbsp fresh lemon juice
- 3 tsp fresh Parsley (or dried)
- 1 tsp Oregano (fresh or dried)
- salt and pepper to taste
- cooking spray



1. Preheat oven to 400°.
2. Melt 2½ tbsp of butter on a low flame in a small sauce pan. (the rest will be melted and placed into the pan for baking if not cooking spray is available)
3. Add garlic and saute on low for about 1 minute. Add all but 1 tbsp of the lemon juice, shut off flame, and remove from heat.
4. Spray the bottom of a baking dish lightly with cooking spray (or remaining melted butter) and 1 tbsp of the lemon juice.
5. Place the fish on top and season with herbs, salt, and pepper. Pour the lemon butter mixture on the fish and top with fresh parsley for garnish
6. Bake at 400° until cooked, about 15 minutes. (or until semi-golden)