

Parmesan Tilapia

Ingredients

- 1/2 cup Parmesan cheese
- 1/4 cup butter, softened
- 3 tablespoons mayonnaise
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon dried basil
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon onion powder
- 1/8 teaspoon celery salt
- 2 pounds tilapia fillets



Instructions

1. Preheat your oven's broiler. Grease a broiling pan or line pan with aluminum foil.
2. In a small bowl, mix together the Parmesan cheese, butter, mayonnaise and lemon juice. Season with dried basil, pepper, onion powder and celery salt. Mix well and set aside.
3. Arrange fillets in a single layer on the prepared pan. I like to sprinkle the fillets with salt, pepper, and a little Cajun seasoning for some kick. Broil a few inches from the heat for 2 to 3 minutes. Flip the fillets over and broil for a couple more minutes. Remove the fillets from the oven and cover them with the Parmesan cheese mixture on the top side. Broil for 2-3 more minutes or until the topping is browned and fish flakes easily with a fork. Be careful not to over cook the fish. This yields 4 servings.
4. Notes
5. *Note: Most of the time I half the topping especially if I'm trying to eat healthy. I still have plenty of topping for the fish.