

Perfect Baked Tilapia

This tilapia can be baked in the oven, cooked on the grill, or even over a campfire for super flavorful tilapia anytime.

Ingredients

- 4 4oz tilapia filets
- 2 tsp paprika
- ½ tsp salt
- 2 tbs butter

Instructions

1. Lay tilapia filets in the bottom of a foil lined baking pan.
2. Mix paprika and salt and sprinkle evenly over filets.
3. Dot each filet with ½ Tbs of butter.
4. Bake at 425 degrees for 15 minutes for fresh tilapia and 20 minutes for frozen.

Nutrition Information

Serving size: 4 Calories: 199 Fat: 9g Saturated fat: 5g Unsaturated fat: 4g Carbohydrates: 1g Sodium: 360mg Protein: 30g Cholesterol: 80mg

