

QUICK & EASY TILAPIA WITH GARLIC & LEMON

INGREDIENTS

- Non-stick cooking spray
- 1 T Earth Balance margarine
- 1 T Olive oil
- 1 Lemon (just using juice)
- 1 T Garlic powder
- Dash Dash of salt
- 1 t Parsley flakes (dried)
- 4 Tilapia fillets
- Cayenne pepper **OR** Smoked Paprika (to taste)



DIRECTIONS

- 1 Pre-heat oven to 400 F
- 2 Spray a baking dish with non-stick cooking spray
- 3 Melt margarine in microwave
- 4 Add olive oil, lemon juice, garlic powder, salt & parsley & saute for a few minutes
- 5 Pour over tilapia fillets in baking pan
- 6 Sprinkle some cayenne pepper **OR** smoked paprika on top of fish
- 7 Bake in oven for about 13 minutes & broil for an additional 2-3 minutes

