

Ingredients

- 3 tilapia filets
- 1 cup parmesan cheese (mix of grated & shredded)
- 3 tsp lemon juice
- 1/6 cup italian seasoning
- pinch rosemary
- pinch parsley
- 1/3 cup butter



Other Materials

- cooking spray
- foil
- baking sheet
- dry measuring cups
- medium bowl
- spoon



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Low Carb Parmesean- Crusted Tilapia



Not a fan of “fishy” flavors? Trying to cut down on processed carbohydrates? Look inside for a delicious, healthy alternative to bland health food and unhealthy frozen dinners.

1. Preheat the oven to 350° Fahrenheit.

2. Soften the butter by putting it in the microwave on Low for 20 seconds.



3. Place all ingredients except for the filets into a large bowl. You may adjust the amounts of ingredients to suite your personal tastes. Mix all ingredients together until they are evenly blended.



4. Cover the baking sheet with one sheet of aluminum foil.

5. Spray the foil with a light layer of non-stick cooking spray.

6. Rinse the 3 fish filets thoroughly under cold water.

7. Pat the filets dry, but do not thoroughly dry them. The filets need to be moist enough to enable the other ingredients to stick to the fish.

8. Place the filets on the foil-covered baking sheet. Spoon the mixture of the ingredients onto both sides of each filet.



9. Cover the fish with a second layer of foil, and fold the edges of both layers of foil together in order to create a closed pocket for the fish to bake inside.



10. Bake for 10 minutes or until the inside of fish is white, the outside is flaky, & the fish can be easily cut with a fork



11. If the filets are not ready, continue cooking them in increments of 2 minutes until done.

