

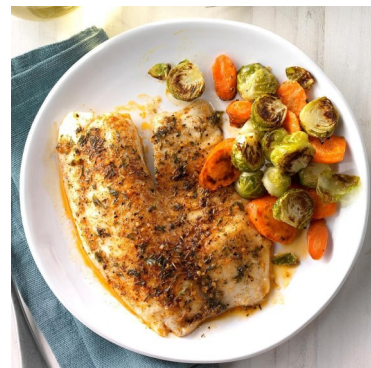
Seasoned Tilapia Fillets for TWO

Total Time:

**Prep/Total Time: 25
min.**

Makes

2 servings



Ingredients

- 2 tilapia fillets (6 ounces each)
- 1 tablespoon butter, melted
- 1 teaspoon Montreal steak seasoning
- 1/2 teaspoon dried parsley flakes
- 1/4 teaspoon paprika
- 1/4 teaspoon dried thyme
- 1/8 teaspoon onion powder
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- Dash garlic powder

Directions

Preheat oven to 425°. Place tilapia in a greased 11x7-in. baking dish; drizzle with butter. In a small bowl, mix remaining ingredients; sprinkle over fillets.

Bake, covered, 10 minutes. Uncover; bake until fish just begins to flake easily with a fork, 5-8 minutes.

Test Kitchen Tips

Tilapia, catfish, haddock and other lean types of fish may be frozen for up to 6 months. Oily fish, such as mackerel and grouper, shouldn't be frozen for more than 3 months.

Nutrition Facts

1 fillet: 193 calories, 7g fat (4g saturated fat), 98mg cholesterol, 589mg sodium, 1g carbohydrate (0 sugars, 0 fiber), 32g protein. Diabetic Exchanges: 5 lean meat, 1-1/2 fat.