



# Tangy Parmesan Tilapia

**TOTAL TIME:** Prep/Total Time: 15 min.

**YIELD:** 4 servings.

*If you want a gluten-free fish coating, this works beautifully! Some reduced-fat mayos may contain gluten, though, so check the label on yours to be sure. —Deborah Purdue, Westland, Michigan*

## Ingredients

1/4 cup grated Parmesan cheese

2 tablespoons reduced-fat mayonnaise

1 tablespoon butter, softened

1 tablespoon lime juice

1/8 teaspoon garlic powder

1/8 teaspoon dried basil

1/8 teaspoon pepper

Dash onion powder

4 tilapia fillets (5 ounces each)

1/4 teaspoon salt

## Directions

1. Preheat broiler. Mix first 8 ingredients until blended.

2. Line a 15x10x1-in. baking pan with foil; coat foil with cooking spray. Place tilapia in pan; sprinkle with salt.

3. Broil 3-4 in. from heat 2-3 minutes per side. Spread cheese mixture over fillets. Broil until topping is golden brown and fish just begins to flake easily with a fork, 1-2 minutes.

# Nutrition Facts

1 fillet: 191 calories, 8g fat (4g saturated fat), 84mg cholesterol, 359mg sodium, 2g carbohydrate (0 sugars, 0 fiber), 28g protein. **Diabetic Exchanges:** 4 lean meat, 1-1/2 fat.

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