

5-Ingredient Garlic Parmesan Tilapia

prep 5 mins cook 10 mins total 15 mins

author the seasoned mom

yield 4

Ingredients

- 4 tilapia fillets (about 8 ounces each)
- 2 tablespoons butter, melted
- Juice from 1 lemon
- 1 teaspoon garlic powder
- ¼ cup grated Parmesan
- Salt and pepper, to taste
- Lemon wedges, for serving
- Minced fresh parsley, for serving
- 2 cups Libby's® Vegetable Pouches, for serving (1/2-cup serving per person)

Instructions

- 1 Preheat oven to BROIL.
- 2 Place tilapia on a large, rimmed baking sheet that has been sprayed with cooking spray.
- 3 Combine melted butter, lemon juice, and garlic powder in a small bowl. Brush the butter mixture on both sides of the fish.
- 4 Place the fish on the prepared baking sheet, bottom side UP, and broil for 5 minutes. Flip the fish over, sprinkle with Parmesan cheese, and return to the broiler for 5-6 more minutes. The fish will flake easily with a fork when it's done.
- 5 Garnish with lemon wedges and parsley.

