

Tilapia Lemon Parmesan

Ingredients

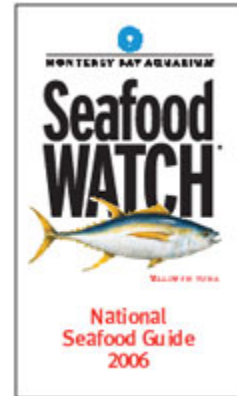
- 2-1/2 lbs. Tilapia fillets (US farmed)
(about 16 in. long, 7 in. wide, and 1/2 in. thick)
- 2-4 tsp. butter or margarine, softened
- 2 tsp. fresh lemon juice
- **Lemon Parmesan Sauce**
- 1 cup mayonnaise
- 2 tbs fresh lemon juice
- 1/2 cup grated Parmesan cheese
- **Garnish**
- 2 lemons, sliced fresh parsley

Makes: 6 servings

Preparation

1. Rinse the tilapia fillets in cold water and drain thoroughly.
2. Top with butter or margarine and lemon juice.
3. Broil about 4 inches from the source of heat for approximately 5 to 6 minutes or until the fish is opaque and flakes easily when tested with a fork.
4. Top each portion with 1-2 tbs of Lemon-Parmesan Sauce; broil 2-3 minutes or until sauce puffs and turns golden brown.
5. Place fillets on serving plate; garnish with lemon slices and fresh parsley.

Recipe provided by Rainforest Aquaculture



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