

## Ingredients:

4 tilapia fillets

3 tbsp lemon juice

1 tbsp melted butter

1 clove garlic, finely chopped

1 tsp dried parsley flakes

pepper to taste

## Directions:

1. Preheat oven to 375 degrees F (190 degrees C). Spray a baking dish with non-stick cooking spray.
2. Rinse tilapia fillets under cool water, and pat dry with paper towels.
3. Place fillets in baking dish. Pour lemon juice over fillets, then drizzle butter on top. Sprinkle with garlic, parsley, and pepper.
4. Bake in preheated oven until the fish is white and flakes when pulled apart with a fork, about 30 minutes.

SERVES: 4

CALORIES: 142

PREP TIME: 10 MIN

COOK TIME: 30 MIN

SOURCE: ALLRECIPES.COM

# LEMON GARLIC TILAPIA