

Broiled Parmesan-Lemon Tilapia

Ingredients

4 (4 ounce) tilapia fillets
2 tablespoons Miami-style sazón seasoning (may substitute all-purpose seasoning blend)
1 serving olive oil cooking spray (such as PAM®)
1/2 cup grated Parmesan cheese
2 tablespoons butter-margarine blend (such as Smart Balance®), melted
1 1/2 tablespoons fat-free mayonnaise (such as Kraft®)
2 tablespoons lemon juice
2 teaspoons grated lemon zest
1/8 teaspoon dried basil
1/8 teaspoon ground black pepper
1/8 teaspoon onion powder
1/8 teaspoon celery salt



Directions

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Line a broiler pan with aluminum foil. Spray the broiler pan's rack with olive oil cooking spray. Sprinkle tilapia with sazón seasoning and arrange on the prepared broiler rack. Mix the Parmesan cheese, butter-margarine blend, fat-free mayonnaise, lemon juice, lemon zest, basil, black pepper, onion powder, and celery salt together in a bowl and set aside. Cook the fillets under the preheated broiler until fish is barely opaque, 2 to 3 minutes per side. Spread the Parmesan cheese blend over the fish fillets, return to oven, and continue cooking until the topping is golden brown and the fish flakes easily, 3 to 5 more minutes.

Nutritional Information

Servings Per Recipe: 4
Amount Per Serving
Calories: 213
Total Fat: 10.1g
Cholesterol: 51mg
Sodium: 559mg
Total Carbs: 2.5g
Dietary Fiber: 0.2g
Protein: 26.9g

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