



# Healthier Broiled Tilapia Parmesan



Prep  
5 m

Cook  
10 m

Ready In  
15 m

allrecipes!



Kroger  
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"This is my favorite tilapia recipe ever! I want to eat it every day. I make it a little healthier by using lite mayo and less butter."

## Ingredients

1/2 cup Parmesan cheese  
1/8 cup butter, softened  
3 tablespoons light mayonnaise  
2 tablespoons fresh lemon juice  
1/4 teaspoon dried basil

1/4 teaspoon ground black pepper  
1/8 teaspoon onion powder  
1/8 teaspoon celery salt  
2 pounds tilapia fillets



**Tilapia Fillets**  
1 lb For \$4.99 -  
expires in 11 hours

## Directions

- 1 Preheat oven broiler. Grease broiling pan or line with aluminum foil.
- 2 Mix Parmesan cheese, butter, mayonnaise, and lemon juice together in a small bowl. Season with dried basil, pepper, onion powder, and celery salt. Mix well and set aside. Arrange fillets in a single layer on prepared pan.
- 3 Broil a few inches from the heat for 2 to 3 minutes. Flip fillets over and broil for 2 or 3 minutes more. Remove fillets from oven and cover with Parmesan mixture on top side. Broil until fish flakes easily with a fork, about 2 minutes.

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