



## Tilapia - Tangy Parmesan

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### Ingredients

**1/4** c grated parmesan  
**2** T reduced fat mayo  
**1** T reduced fat butter, softened  
**1** T lime juice  
**1/8** t garlic powder  
**1/8** t basil  
**1/8** t pepper  
Dash onion powder  
**4** tilapia fillets, 5 oz each  
**1/4** t salt

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### Directions

In small bowl combine first eight ingredients. Set aside. Line a broiler pan with foil and coat the foil with nonstick cooking spray. Place fillets in prepared pan; sprinkle with salt. Broil 3-4 inches from heat for 2-3 minutes on each side. Spread 1 T cheese mixture over the top of each fillet. Broil 1-2 minutes longer until topping is golden.

4 servings      179 calories

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