

Taste of Home



Baked Tilapia Recipe

★★★★☆

I've decided to cook healthier for my family, and that includes having more fish at home. This is a great recipe, and it's fast, too! —Hope Stewart, Raleigh, North Carolina

TOTAL TIME: Prep/Total Time: 20 min.

YIELD: 4 servings

Ingredients

4 tilapia fillets (6 ounces each)

3 tablespoons butter, melted

3 tablespoons lemon juice

1-1/2 teaspoons garlic powder

1/8 teaspoon salt

2 tablespoons capers, drained

1/2 teaspoon dried oregano

1/8 teaspoon paprika

Directions

1. Place tilapia in an ungreased 13x9-in. baking dish. In a small bowl, combine the butter, lemon juice, garlic powder and salt; pour over the fillets. Sprinkle with capers, oregano and paprika.
2. Bake, uncovered, at 425° for 10-15 minutes or until fish flakes easily with a fork. **Yield:** 4 servings.

© 2016 RDA Enthusiast Brands, LLC