

THE WOLF'S

25 MINUTE PARMESAN TILAPIA

prep 15m
cook 10m
ready 25m
serves 4

4 (4oz) tilapia fillets	2 tbsp lemon juice
2 tbsp sazón completa	2 tsp grated lemon zest
1 serving of cooking spray	1/8 tsp dried basil
1/2 cup grated parmesan cheese	1/8 tsp ground black pepper
2 tbsp butter-margarine blend	1/8 tsp onion powder
1 1/2 tbsp fat-free mayonnaise	1/8 tsp celery salt

- step 1** 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.
- step 2** Sprinkle tilapia with sazón seasoning and arrange on the prepared broiler rack.
- step 3** 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.
- step 4** Cook the fillets under the preheated broiler until fish is barely opaque, 2–3 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.

LET'S NOT START SUCKIN EACH OTHERS'
DICKS QUITE YET.