

Easy Baked Tilapia

Ingredients:

- 4 (4oz) tilapia fillets
- 2 tsp butter
- ¼ tsp Old Bay Seasoning, or to taste
- ½ tsp garlic salt, or to taste
- 1 lemon, sliced
- 1 (16 oz) pkg frozen cauliflower, broccoli, red pepper mix

Directions:

1. Preheat the oven to 375°F. Grease a 9x13 inch-baking dish.
2. Place the tilapia fillets in the bottom of the baking dish and dot with butter.
3. Season with Old Bay Seasoning and garlic salt.
4. Top each one with a slice or two of lemon.
5. Arrange the frozen vegetables around the fish and season lightly with salt and pepper.
6. Cover the dish and bake for 25-30 minutes in the oven, until vegetables are tender and fish flakes easily with a fork.

For Our Program:

Nutrition Information:

Servings = 4

Carbohydrates per serving = 1.3g