

# BEYOND HUNGER

## GARLICKY LEMON BAKED TILAPIA

*Amp up your next family dinner with this mouthwatering, garlicky-baked tilapia recipe. Tilapia is a mild-flavored fish loaded with protein, Selenium, and Vitamin B<sub>12</sub>. Be sure to include this fast and easy recipe in your upcoming dinner plans!*

**Yield:** 4 servings

### Ingredients

- 4 filets of **tilapia**
- Kosher **salt**, to taste
- Ground **black pepper**, to taste
- 5 tablespoon **butter**, melted
- 2 cloves **garlic**, minced
- ¼ teaspoon **red pepper flakes**, crushed
- Juice and zest from ½ a **lemon**
- 1 **lemon**, sliced
- Fresh **parsley**, chopped (for garnish, optional)

### Instructions

1. Preheat oven to 400 degrees.
2. Season tilapia with salt and pepper, then place tilapia onto a prepared baking sheet.
3. Mix butter, garlic, red pepper flakes, lemon juice, and lemon zest until combined. Spoon this mixture evenly over the seasoned tilapia. Place sliced lemon rounds on top and around tilapia.
4. Bake tilapia for 10 to 12 minutes or until fork tender. Sprinkle with parsley, if using, and serve while hot.

**Chef's Note:** Serve garlicky tilapia alongside steamed rice and a colorful vegetable for a well-balanced, light meal. You may wish to spoon some of the drippings from the baking sheet over the rice and veggies to add even more garlicky flavor to this dish.

**Per Serving:** Calories 220, Carbohydrates 1 g, Protein 21 g, Saturated Fat 10 g, Sodium 170 mg, Fiber 0 g, Sugars 0 g

This recipe was featured in the November issue of Beyond the Kitchen and was adapted from delish.com.



**BEYOND THE KITCHEN**

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