

Chucks Cheesy Tilapia

Makes: 14 or 56 Servings

14 Servings

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Ingredients	Weight	Measure	Weight	Measure
Tilapia, fresh or frozen	2 lbs		8 lbs	
Lemon juice		2 Tbsp		1/2 cup
Basil		1/4 tsp		1 tsp
Black pepper		1/4 tsp		1 tsp
Parmesan cheese		1/4 cup		1 cup
Margarine		2 Tbsp		1/2 cup
Cooking spray		As needed		As needed

Directions

1. Coat a broiling pan with cooking spray.
2. Mix together margarine, lemon juice, pepper, basil and parmesan cheese. Set aside.
3. Space fillets equally apart on broiler pan.
4. Broil fish fillets about 2-3 minutes on each side.
5. Top with cheese mixture and cook about 2 minutes more or until coating is browned.

Notes

Serving Tips:

Tilapia is a white fish that can take on many flavors. Try different spices and herbs such as cumin, paprika or basil for a new taste.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	60	
Total Fat	1 g	
Protein	12 g	
Carbohydrates	NA	
Dietary Fiber	NA	
Saturated Fat	NA	
Sodium	70 mg	