Dinner Tonight!

Red Pepper and Parmesan Tilapia

4 tilapia fillets (6 ounces each)
2 Tablespoons margarine, melted
1 teaspoon Italian seasoning
1/2 - 1 teaspoon crushed red pepper flakes
1/2 teaspoon black pepper
1/2 cup grated Parmesan cheese

Line a 10x15x1-inch baking pan with foil and spray with cooking spray. Place fillets in single layer on baking pan. Brush fillets with melted margarine. Sprinkle evenly with Italian seasoning, red pepper flakes, black pepper, and Parmesan cheese.

Bake at 425 degrees F for 10-15 minutes or until fish flakes easily with a fork.

Preparation Time: 5 minutes
Cook Time: 15 minutes
Serves: 4
Cost per serving: $1.25

Nutrition facts per serving
Calories: 179
Total Fat: 5 g
Cholesterol: 123 mg
Sodium: 191 mg
Total Carbohydrate: 2 g
Protein: 35 g
Fiber: 0.4 g

Serve with: Rice pilaf and steamed broccoli, stir fry vegetables

NOTE: Adjust Italian seasoning, red pepper, and black pepper to your taste.