Dinner Tonight!

Busy Day Tilapia

4 tilapia fillets (6 ounces each)  
1 Tablespoon butter, melted  
2 teaspoons steak seasoning  
1 teaspoon dried parsley flakes  
1/2 teaspoon dried thyme  
1/2 teaspoon paprika  
1/4 teaspoon onion powder  
1/4 teaspoon salt  
1/4 teaspoon pepper  
Dash garlic powder  
Cooking spray

Line a 11x15-inch baking dish with aluminum foil and spray with cooking spray. Brush melted butter over fillets. In a small bowl, combine the remaining ingredients. Sprinkle over fillets. Bake at 425 degrees for 20 minutes or until fish flakes easily with a fork.

Preparation Time: 5 minutes  
Cook Time: 20 minutes  
Serves: 4  
Cost per serving: $1.55

Nutrition facts per serving  
Calories: 193  
Total Fat: 4 g  
Cholesterol: 42 mg  
Sodium: 589 mg  
Total Carbohydrate: 1 g  
Protein: 32 g

Serve with: red potatoes, frozen stir-fry vegetables, and sliced melon

Note: Seasoning may also be used on chicken or pork.