



DIJON-CRUSTED TILAPIA FILLETS

Basic Lifestyle

Ingredients

- 3 TBS reduced-fat mayonnaise
- 2 TBS grated Parmesan cheese, divided
- 1 TBS lemon juice
- 2 TSP Dijon mustard
- 1 TSP horseradish
- 4 Tilapia fillets (5 ounces each)
- 1/4 cup dried bread crumbs (or Panko crumbs)
- 2 TSP butter, melted

Instructions

1. In a small bowl, combine the mayonnaise, 1 TBS cheese, lemon juice, mustard and horseradish.
2. Place fillets on a baking sheet coated with cooking spray. Spread mayonnaise mixture evenly over fillets.
3. Combine the bread or Panko crumbs, butter and remaining cheese; sprinkle over fillets. Bake at 425° for 13-18 minutes or until fish flakes easily with a fork.

Portion-Per-Serving Information (Yields 4 servings): 1 fish fillet = 1 P