



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 oz each)
- 1/4 cup dried bread crumbs*
*(or Panko crumbs: lower in calories, fat and oil. Fish will be crunchy, not greasy.)
- 2 TSP butter, melted

INSTRUCTIONS

—In a small bowl, combine the mayonnaise, 1 TBS cheese, lemon juice, mustard and horseradish.

—Place fillets on a baking sheet coated with cooking spray. Spread mayonnaise mixture evenly over fillets.

—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.

SERVING INFO: (Serves 4)

1 fish fillet = 1 P

See photo of recipe at [Instagram](#) and [Facebook](#).