

Oven-Baked Blackened Tilapia

Ingredients	Directions
1/2 pound tilapia filets or 2 tilapia filets (fresh or frozen that is thawed out) Olive oil cooking spray	1. Pre-heat oven to 425 degrees F. Spray baking sheet or pan with cooking spray. Place tilapia filets on pan and spray each filet with cooking spray lightly.
3 Tbsp paprika or smoked paprika 1 Tbsp dried parsley 1 Tbsp onion powder ½ tsp garlic powder 1 tsp black pepper 1 tsp Thyme 1 tsp oregano ½ tsp salt ¼-1 tsp cayenne pepper (Omit if you do not want it spicy) Lemon slices for garnish	2. Mix these spices in a bowl or shallow dish. 3. Season and coat each tilapia filet with blackened spice mixture till well coated. Place filet back on baking sheet. 4. When finished seasoning tilapia, place baking sheet in oven. Cook for 10-15 minutes depending on the size of each filet. 5. Filets will be done when the thickest part is flaky. 6. Serve with lemon wedges.

4-6 servings/ recipe

Nutrition Facts per Serving

Calories 165

Protein 24g

Carbohydrates 6g (Fiber 3 g)

Total Fat 6g (saturated Fat 1g)

If you do not like spicy food, omit the cayenne/ red pepper. Or if you like it very spicy, add the full 1 tsp to the seasoning mix.

Serve with rice and steamed veggies or use for fish tacos.