



RECIPE OF THE MONTH APRIL 2018



TILAPIA PARMESAN

Light and lovely spring dish is very nice served over spinach or rice with a mixed green salad and a glass of Virginia Viognier.

TILAPIA PARMESAN

1 Tilapia Fillet per person
1/2 cup Parmesan Cheese, grated
1/4 cup Butter, softened
3 T Mayonnaise
2 T Lemon Juice
1/4 tsp Dried Basil
1/4 tsp Ground Black Pepper
1/8 tsp Onion Powder
1/8 tsp Celery Salt

Preheat the broiler. Grease broiling pan or line pan with aluminum foil.

In small bowl, mix together the Parmesan Cheese, butter, mayo and lemon juice. Season with basil, pepper, onion powder and celery salt. Mix well and set aside.

Arrange fillets in a single layer on prepared pan. Broil a few inches from the heat for 2 or 3 minutes. Flip the fillets over and broil for a couple more minutes. Remove fillets from oven and cover with the Parmesan mixture on the top side. Broil for 2 more minutes or until topping is browned and fish flakes easily with fork. Be careful not to overcook.