



Garlic Herbed Tilapia

Tilapia is our family's new favorite fish. There are a million ways you can prepare it. Here is one easy and delicious way to serve it.

Serves 4.

Ingredients:

- 4 6 oz Tilapia fillets
- 1 tsp coarse sea salt
- 1 tsp ground black pepper
- 1 tsp dried oregano
- 1-2 Tbsp diced fresh basil
- 3 cloves of garlic, minced
- ¼ c chopped fresh parsley

Directions:

1. Preheat oven to 375.
2. Rinse tilapia and pat dry.
3. Spray baking dish and place fillets in a single flat layer.
4. Brush olive oil on tilapia fillet.
5. Combine spices, herbs and garlic and sprinkle over fish.
6. Bake for 20-25 minutes.