



Category (Main Dishes)

# Veggie-topped Tilapia

Submitted by (Debbie Webb)

<p><b><u>Recipe</u></b></p> <ul style="list-style-type: none"> <li>4 Tilapia fillets</li> <li>1/3 cup chicken broth</li> <li>1/2 tsp seafood seasoning</li> <li>1 medium onion, finely chopped</li> <li>1 medium green pepper, finely chopped</li> <li>1 small tomato, chopped</li> <li>3 Tbsp lemon juice</li> <li>1 tsp olive oil</li> <li>1/4 tsp garlic powder</li> <li>1/4 cup shredded parmesan cheese</li> </ul> <p>Place fillets in 9x13 baking dish coated with cooking spray. Drizzle with broth. Sprinkle with seafood seasoning. Combine onion, pepper, tomato, lemon juice, oil and garlic powder. Spoon over fillets. Cover and bake at 425 degrees for 15 minutes. Uncover and sprinkle with cheese and bake 5-10 minutes longer until veggies are tender and fish flakes easily.</p>	<p><b><u>Grocery List</u></b></p> <p>(Ingredients you need from the store for recipe and any side dish you might add.)</p>
<p><b><u>Side dish</u></b></p> <p>(Optional: Any suggestions of foods that might go well with the main dish.)</p>	<p><b><u>Tips/Helpful hints</u></b></p> <p>(Any ideas that might be helpful to know when making this recipe.)</p>

*Pheasant Ward  
Recipes*

