

Broiled Tilapia Recipe with Parmesan Cream Sauce - 6 Points + - LaaLoosh

<http://www.laaloosh.com/2012/01/17/broiled-tilapia-recipe-parmesan-cream-sauce/>

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A friend of mine came across this delicious Broiled Tilapia Recipe last week, and posted it on Facebook. It looked so good, but I decided to re-vamp it and make it less Weight Watchers Points, but with more of the Parmesan cream sauce. Mission accomplished. That was one tasty, light

broiled tilapia recipe! I was truly surprised at how good it turned out, and how much of the cream sauce I was able to get in each serving. At just 6 Points + for a very nicely sized piece of fish smothered in a delicious Parmesan cheese sauce, it's a great bargain. I'll definitely be making this again soon.

Broiled Tilapia Recipe with Parmesan Cream Sauce

Creamy, cheesy, and just 6 Points +, this lowcalorie Broiled Tilapia Recipe with Parmesan Cream Sauce is a real dinner delight. It's an easy dinner recipe that can be prepared in a pinch, and will be enjoyed by the whole family.

Ingredients

- 2 pounds tilapia fillets (4, 4oz fillets)
- 1/2 cup Parmesan cheese
- 2 tbsp Brummel & Brown butter
- 1/2 cup plain, fat free Greek yogurt
- 2 tbsp fresh lemon juice
- 1 tsp fresh basil, finely chopped
- 1/2 of a lemon
- 1/4 tsp onion powder
- 1/2 tsp salt

- 1/4 tsp ground black pepper

Instructions

1. Preheat your oven's broiler. Grease a broiling pan or line pan with aluminum foil.
2. In a small bowl, mix together the Parmesan cheese, butter, Greek yogurt, basil, lemon juice, salt, pepper and onion powder. Mix well and set aside.
3. Arrange fillets in a single layer on the prepared pan. Broil a few inches from the heat for 2 to 3 minutes. Flip the fillets over and broil for a couple more minutes.
4. Remove the fillets from the oven and cover them with the Parmesan cheese mixture on the top side. Broil for 3 more minutes or until the topping is browned and fish flakes easily with a fork. Be careful not to over-cook the fish.

Preparation time: 10 minute(s)

Cooking time: 10 minute(s)

Diet type: Pescatarian

Diet tags: Reduced fat, Reduced carbohydrate, High protein

Number of servings (yield): 4

Culinary tradition: USA (General)

Entire recipe makes 4 servings

Serving size is 1/4 of entire dish

Each serving = 6 Points +

PER SERVING: 220 calories; 7g fat; 3g carbohydrates; 37g protein; 0g fiber