

# Parmesan Crusted Tilapia

- ¾ cup grated Parmesan cheese
- 2 teaspoons paprika
- 1 tablespoon chopped fresh parsley
- salt and ground black pepper to taste
- 4 tilapia fillets
- olive oil

## **DIRECTIONS:**

1. Preheat the oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.
2. Whisk Parmesan cheese, paprika, parsley, salt, and pepper together in a shallow dish.
3. Coat tilapia fillets with olive oil and press into the Parmesan cheese mixture. Arrange coated fillets on the prepared baking sheet.
4. Bake in a preheated oven until the fish flakes easily with a fork, 10 to 12 minutes.

Served on a bed of buttered rice. ENJOY!