

Parmesan Tilapia



Tilapia is a great renewable white fish that cooks quickly. The only problem with it is that it basically has no taste. To step up the flavor I've applied a Parmesan spread that gives it a salty, creamy and savory flavor that elevates tilapia to gourmet.

Makes 8 servings

Parmesan Spread Ingredients

- ¼ C Freshly Grated Aged Parmigiano Reggiano
- ¼ C Freshly Grated Fontina Cheese
- 2 TBS Extra Virgin Olive Oil
- 4 leaves Fresh Basil (minced)
- 1/8 tsp Dried Parsley
- 2 cloves Roasted Garlic

Ingredients

- 8 4oz. Tilapia Filets*
- Cooking Spray



Directions

Preheat oven to 350°F.

Place all of the parmesan spread ingredients in a small bowl and stir vigorously. This can be prepared up to 24 hours in advance, covered and refrigerated until used.

It's critical that you freshly grate the cheese. The preshredded cheeses you buy in the grocery store are coated with corn starch to keep it from sticking. This will give you a gritty layer of cheese.

Spray a rimmed cookie sheet with cooking spray and lay out the 8 tilapia filets leaving at least 3 inches between them. Top each filet with one level spoon of the parmesan spread.

Bake for 15 minutes or until the fish is flaky and serve immediately.

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Website: www.nickverna.com

Blog: www.italian-fusion.blogspot.com

Email: casaverna@nc.rr.com

Pinterest: www.pinterest.com/nickverna

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