

LEMON TILAPIA (you could substitute another white fish if you prefer)
The Cooks Next Door

4 Tilapia fillets
salt & pepper
zest of 1/2-1 lemon
juice of 1/2 lemon
1 Tb. butter

Pre-heat oven to 375 degrees. Rinse and pat dry the fish. Season with salt & pepper on both sides. Arrange in a greased pan. Zest lemon over the fillets. Squeeze fresh juice over it all. Bake for 10-12 minutes until it flakes easily with a fork. Remove fish from oven. Divide butter into 4 equal parts and top each fillet with the butter allowing it to melt into the fish. Enjoy!

*I'm certain you could omit the butter but it just made the dish so delicious. And I served it with a brown rice pilaf (I omitted the butter in it) and a green salad.