

DIJON-CRUSTED FISH

Preparation: 10 min | Cooking: 15 mins. | Servings: 4

INGREDIENTS

4 tilapia fillets (5 ounces each)
1/4 cup dry bread crumbs
3 tbsp. reduced-fat mayonnaise
2 tbsp. grated Parmesan cheese, divided
1 tbsp. lemon juice
2 tsp. Dijon mustard
2 tsp. butter, melted
1 tsp. prepared horseradish



INSTRUCTIONS

Preheat oven to 425°. Mix first 4 ingredients and 1 tablespoon cheese. Place tilapia on a baking sheet coated with cooking spray; spread evenly with mayonnaise mixture. Toss bread crumbs with melted butter and remaining cheese; sprinkle over fillets. Bake until fish just begins to flake easily with a fork, 12-15 minutes. Serve with a side of broccoli!