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## Femme Phorm Tilapia

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- 6 frozen tilapia fillets
  - Lemon pepper or Garlic pepper seasoning\*\*
  - I Can't Believe It's Not Butter spray
  - Steamed Asparagus Spears
1. Preheat your oven to 375 degrees.
  2. Line a baking sheet with aluminum foil and lightly spray with cooking spray.
  3. Place 6 frozen tilapia fillets on the foil and sprinkle with lemon pepper or garlic pepper seasoning (\*\*note: when I within a week of a photo shoot or competition, I always use Mrs. Dash seasoning since it is sodium free and sodium can cause water retention).
  4. For more flavor and a crispy topping, I spray the fish with "I Can't Believe It's Not Butter" spray right before I cook the fish.
  5. Cook the fish for 15 to 17 minutes (depending on the thickness of the fillets) until fish is opaque.
  6. Serve with steamed asparagus spears (asparagus is high in folic acid and is a good source of potassium, fiber, vitamin B6 and C. Asparagus is also a natural bloat-banishing diuretic!).