

Easy & Healthy Tilapia

- 1/4 cup olive oil
- three cloves freshly minced garlic
- 1 teaspoon paprika
- 1 teaspoon ginger
- 1 teaspoon dried mustard
- 1 teaspoon chili powder
- 1 teaspoon freshly ground pepper
- one pinch cayenne pepper
- four tilapia fillets, if frozen thaw first



Heat oven to 400; grill to medium high heat. Line baking sheet with parchment paper.

Mix together all ingredients except fish. Either spoon mixture on fish or place mixture in a shallow dish and dip each piece in the mixture, making sure to fully coat. Pour extra seasoning over fish. Bake for 10-15 minutes or until fish flakes easily.

Enjoy!