

# Broiled Tilapia with Garlic

## Ingredients

6 Tilapia Fillets  
2 cloves garlic, crushed  
3 tsp extra virgin olive oil  
1 tsp oregano  
1 tsp parsley  
Salt & pepper  
1 lemon

## Directions

Line broiler pan with tin foil. Spray with non-stick cooking spray. Place fish on pan and season with salt, pepper, oregano and parsley.

Drizzle with extra virgin olive oil and top with crushed garlic. Pre-heat broiler and place fish approximately 8 inches from flame. Cook for 6-8 minutes or until fish flakes easily with a fork. Serve with lemon juice.

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