Lemon Garlic Herb Baked Tilapia

Tender tilapia fillets baked with zesty lemon, savory garlic, and fresh herbs for a light, protein-packed meal.

Servings: 2 **Time:** 25 minutes

Ingredients

- 2 tilapia fillets (6 oz each)
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1 lemon, thinly sliced
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon dried thyme
- Salt, to taste
- Black pepper, to taste
- Cooking spray

Instructions

1. Preheat oven to 375°F.
2. Lightly grease a baking dish with cooking spray.
3. Place tilapia fillets in the baking dish.
4. In a small bowl, mix olive oil, minced garlic, parsley, thyme, salt, and black pepper.
5. Brush the olive oil mixture evenly over the tilapia fillets.
6. Arrange lemon slices on top of the fillets.
7. Bake uncovered for 15-18 minutes, or until fish flakes easily with a fork.
8. Serve immediately with your choice of low-carb vegetables.

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