

Taste of Home

# Grilled Tilapia Piccata



★★★★☆

*We aren't big fish eaters, but a friend made this for us, and we couldn't believe how wonderful it was! Now we eat it regularly. I love making it for guests because it's simple, looks lovely and tastes restaurant-worthy. —Beth Cooper, Columbus, Ohio*

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**TOTAL TIME:** Prep/Total Time: 25 min.**YIELD:** 4 servings.

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## Ingredients

1/2 teaspoon grated lemon peel

3 tablespoons lemon juice

2 tablespoons olive oil

2 garlic cloves, minced

2 teaspoons capers, drained

3 tablespoons minced fresh basil, divided

4 tilapia fillets (6 ounces each)

1/2 teaspoon salt

1/4 teaspoon pepper

## Directions

**1.** In a small bowl, whisk lemon peel, lemon juice, oil and garlic until blended; stir in capers and 2 tablespoons basil. Reserve 2 tablespoons mixture for drizzling cooked fish. Brush remaining mixture onto both sides of tilapia; sprinkle with salt and pepper.

**2.** On a lightly oiled grill rack, grill tilapia, covered, over medium heat or broil 4 in. from heat 3-4 minutes on each side or until fish just begins to flake easily with a fork. Drizzle with reserved lemon mixture; sprinkle with remaining basil.

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## Nutrition Facts

1 fillet: 206 calories, 8g fat (2g saturated fat), 83mg cholesterol, 398mg sodium, 2g carbohydrate (0 sugars, 0 fiber), 32g protein. **Diabetic Exchanges:** 5 lean meat, 1-1/2 fat.

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