



### **HEINEN'S TILAPIA DIJON**

Preheat oven to 350°F. Prepare an oven proof baking dish by coating the surface with a cooking spray.

Place filets in the baking dish and bake for 15 minutes. Thicker filets may take an additional minute or two.

Carefully remove the fish from the pan onto individual plates. If desired, drizzle melted butter on top of each filet and serve with a lemon wedge.