

## Craig's Tilapia

2 Tbl. Butter

2 Tbl. Soft margarine

1 large lemon – juiced

½ tsp. garlic powder, limon salt, lemon pepper

Fresh thyme

1 ½ Tbl. Crumbled blue cheese

3 – 4 Tbl. Parmesan cheese

2 ½ Tbl. Fat free sour cream

1 lb Tilapia

1. Melt butter and margarine.
2. Add lemon juice, seasonings, crumbled blue cheese and parmesan
3. Stir in sour cream
4. Add Tilapia and let cook
5. DELICIOUS!!
6. Serve with steamed cauliflower and broccoli – wonderful sauce to dip veggies into.