



Nourish Recipe

Lemon Pepper Tilapia

Servings: 6

Recipe courtesy of [Prescribe Nutrition](#)

Ingredients

- 1 bunch asparagus
- 6 fillets tilapia
- 3 lemons, juiced
- 3 Tbsp ghee or olive oil
- pepper to taste
- sea salt to taste

Nutrition Facts

Servings 6

Amount Per Serving

Calories 187

% Daily Value

Total Fat 8.8g 14%

Saturated Fat 1.6g 8%

Cholesterol 58mg 19%

Sodium 62mg 3%

Total Carbohydrates 3g 1%

Dietary Fiber 1g 4%

Sugars 1g

Protein 24g 49%

Vitamin A 6%

Vitamin C 19%

Iron 9%

Calcium 2%



What you'll need



measuring spoons



measuring cups



crockpot

Instructions

- Place each fillet in the middle of a piece of foil and season with salt, pepper, and the juice of ½ a lemon. Add ½ tablespoon of ghee or olive oil on top then top fillets with asparagus, divided evenly among them.
- Fold the sides of the foil over the fish and then fold the ends of the foil to form a packet. Repeat the process until the fish fillets and asparagus are all wrapped in individual foil packets.
- Place packets in the slow cooker (it's fine if they are stacked on top of each other).
- Cover and cook on low for 4 hours or on high for 2 hours. Enjoy!



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