



Lemon Pepper Seasoning

Lemon pepper (also called lemon pepper seasoning) is a seasoning made from granulated lemon zest and cracked black peppercorns. The lemon zest is mashed with the pepper to allow the citrus oil to infuse into the pepper. This mix is then baked and dried and can be used on meats (particularly chicken) and pasta, although it was originally used primarily for fish.



682116 6/26 oz.

Lemon Pepper Tilapia

By Lechef in Boise, Idaho on November 02, 2007
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Ingredients

1 teaspoon butter
1 tablespoon oil
4 tilapia fillets
lemon pepper seasoning
salt

Directions

In a large frying pan, melt butter on medium heat. Add oil. Place fish in pan. Season with lemon pepper seasoning and salt. Turn in 3 minutes and season other side, cook for 4 more minutes. Serve.



Photo by gailann