

Tilapia with Lemon Pesto and Oven Roasted Tomatoes

Serves 2

1/2 pint cherry or grape tomatoes
5 cloves garlic, peeled/smashed
2 tsp. olive oil
2 Tbsp. pesto
1 lemon
2 tilapia filets, about 6 oz.
salt and pepper

Preheat the oven to 425. Toss the tomatoes and the garlic with the olive oil and some salt and pepper. Roast for about 10 minutes.

Meanwhile, juice the lemon and reserve both the juice and the juiced lemon. To the juice, add the pesto and stir to combine. Season the tilapia with salt and pepper and then spread the pesto mixture on top of the fish.

Take the pan of roasted garlic and tomatoes out of the oven and nestle the cut lemon into the pan. Place the tilapia on top of the lemon and tomatoes and put back in the oven for about 10 minutes, or until the fish is flaky and no longer opaque. Spoon the tomatoes over the fish.

Nutritional Information per Serving: Calories: 282 / Fat: 13.5g / Carbs: 10.6g / Protein: 33.8g