



Baked Fish & Tomatoes

This recipe works well with all kinds of fish. You can substitute trout with salmon or any white fish you like. This is a very healthy meal that also looks wonderful and fresh. You can make this very quickly and have dinner on the table in no time. Try making this when cherry tomatoes are in season in order to keep it lower in cost. If you hate cilantro go ahead and make this with parsley.

Serves four

16 oz. fillet of trout or fish of choice
1 small white onion, chopped
2 garlic cloves, minced
1- 8 oz. package cherry tomatoes
½ cup chopped cilantro or parsley
1 large lemon – juiced
1 TBS paprika
1 tsp. salt
1 tsp. black pepper
½ cup white wine

Preheat your oven to 375 degrees.

Rinse and pat dry the fish. Place it in a baking pan. Cover with the lemon juice. Season with salt, pepper and paprika. Cover with onion, garlic, cherry tomatoes and cilantro. Pour the wine around the fish and place in the oven.

Bake for 25 to 30 minutes until fish is cooked through. Remove from oven and serve. Enjoy!

Suggested sides – White Rice or Parsley Baby Potatoes or Smashed Baby Potatoes

CALORIES 236.92; FAT 7.55 grs (sat 1.65; mono 2.33; poly 1.95); PROTEIN 24.71 grs; FIBER 3.66 grs; CARBS 14.29 grs; CHOLESTEROL 66.90 mg; IRON 1.97 mg; SODIUM 656.75 mg; CALCIUM 89.19 mg