



HALIBUT W/BALSAMIC CHERRY TOMATOES

Basic Lifestyle

INGREDIENTS

1-1/2 TBS olive oil, divided
4 (6-ounce) halibut fillets, skinned
1/2 TSP salt, divided
1/4 TSP freshly ground black pepper
2 cups cherry tomatoes
3 garlic cloves, minced
2 TBS balsamic vinegar
2 TBS chopped fresh basil

INSTRUCTIONS

—Heat a large nonstick skillet over medium-high heat. Add 1 TBS oil, and swirl to coat. Sprinkle fish with 1/4 teaspoon salt and pepper. Add fish to pan; cook 5 minutes on each side or until fish flakes easily with a fork. Remove fish from pan; keep warm.

—Add remaining 1-1/2 teaspoons oil to pan. Add tomatoes and garlic; sauté 3 minutes. Add vinegar; cook 1 minute or until tomatoes begin to burst. Stir in basil and remaining 1/4 teaspoon salt. Serve tomato mixture with fish.

SERVING INFO: (Serves 4)

1 fillet + about 1/2 cup tomato mixture = 1 P, 1 V

See recipe photo at [Instagram](#) and [Facebook](#).