



SANTA MONICA
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Start the New Year *Light* with



BAKED TILAPIA
with Marinated Cherry Tomatoes



Cure your "holiday hangover" with this fresh, healthy and delicious recipe!

BAKED TILAPIA with Marinated Cherry Tomatoes (serves 2)



Directions:

1. Pre-heat your oven to 375°F.
2. In a small bowl, add olive oil, thyme, rosemary, salt and pepper. Mix well and coat the Tilapia on both sides. Place fish in a baking dish then cover with aluminum foil. Bake for 20-25 minutes or until internal temperature reaches 145°F.
3. In the meantime, place the Basil Marinated Tomatoes in a skillet and sauté on high heat for about two minutes or until tomatoes are warm.
4. Remove fish from the oven and plate. Spoon the warm tomatoes on top and garnish with chopped parsley.

Enjoy!

Ingredients:

- 2 pcs Tilapia fillets (about 4oz each)
- 1.5 cup Basil Marinated Tomatoes
(from the Deli Case)
- 2 Tbsp. olive oil
- 2 tsp fresh parsley; chopped
- 1/2 tsp fresh thyme
- 1/2 tsp fresh rosemary; chopped
- to taste salt and pepper