

# July Recipe of the Month

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## Oven Roasted Cherry Tomatoes with Basil and Whitefish

This is an easy recipe with two of summer's best fresh foods, tomatoes and basil. If you are a novice cook, this recipe is a good one to improve your fish preparation skills.

Serves: 4

Serving size: 3 oz fish + tomatoes

4 cups cherry tomatoes

1 tbsp olive oil

12 to 15 garlic cloves, peeled

½ tsp salt

¼ tsp pepper

½ cup loosely packed basil leaves, torn into halves and thirds

1 lb white fish such as cod, haddock, catfish, or snapper, sole, or flounder



### Directions:

1. Preheat oven to 425°F.
2. In a 9 x 13 pan, combine tomatoes, oil, garlic, salt, pepper, and ¼ cup of the basil leaves. Roast for 15 minutes.
3. Remove from oven and gently stir. Nestle the fish in the pan with tomatoes. Place back in the oven and roast 7 to 10 minutes or more or until the fish is no longer translucent and the tomatoes are just beginning to burst.
4. Remove from oven. Divide fish on plates.
5. Add remaining ¼ cup of the basil leaves to the tomatoes. Spoon over fish and serve.

Per serving: 140 calories, 21g protein, 5g fat (1g saturated), 50mg cholesterol, 4g carbohydrate, 1g fiber, 1g sugar, 350mg sodium

% Daily Value: Vitamin A 10%, Vitamin C 10%, Calcium 4%, Iron 4%

*Recipe courtesy of Kathleen Daelemans of the Food Network*



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