



## Grilled Halibut with Cherry Tomatoes

### Ingredients

- 4 oz halibut
- 1/2 tbsp olive oil
- 1/2 cup cherry tomatoes, halved
- 1 tbsp chopped parsley, basil, or whatever fresh herbs you prefer
- 1 lemon wedge
- Salt and pepper, to taste



### Directions

1. Light grill.
2. Brush fish with olive oil, salt, and pepper.
3. Place fish and sliced tomatoes on grill.
4. Cook fish about 4 minutes each side, or until thoroughly cooked. When finished, tomatoes will be slightly charred.
5. Plate fish; top fish with tomatoes, fresh herbs, and a squeeze of lemon.

### Nutrition Facts

Recipe makes 1 serving

Calories: 205

Fat: 10 g

Carbs: 6 g

Protein: 25 g