



baked tilapia with anchovy-tomato penne

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Ingredients

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- tilapia fillets
 - lemon
 - garlic
 - cherry tomatoes
 - parsley
 - s&p
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- whole wheat penne
 - garlic
 - onion
 - anchovies
 - cherry tomatoes
 - black pepper

Instructions

Baked Lemon-Herb Tilapia in Foil

1. Grease a sheet of parchment paper/aluminum foil with nonstick cooking spray. Preheat oven at 400 dF.
2. Place a fillet of fish (my choice is tilapia) in the middle.
3. Season both sides generously with s&p.
4. Squeeze half a lemon all over the fish. You may actually leave lemon slices on top for more intense flavor.
5. Add 1 clove of garlic, minced.
6. At this point, you may add any vegetables of your picking. I added a handful of cherry tomatoes. You may also add, slices of onions, slivers of ginger, scallions, et.al.

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7. Sprinkle 1 T chopped fresh parsley.
 8. Crimp the sides of the foil to creat a pouch.
 9. Bake for 20-25 mins.

Penne in Tomato and Anchovy Sauce

1. Saute 2 cloves of garlic, minced and 1/2 medium onion, roughly chopped with 3 T good olive oil.
2. Add a piece of anchovy and cook until melted.
3. Add 2 handfuls of cherry tomatoes, whole or halved. Cook until the tomatoes are almost bursting. Add about 1/4 C of the pasta sauce and continue to simmer.
4. Toss 1/2 lb cooked whole wheat penne in the sauce