

Pan-Seared Tilapia with Tomato Basil Sauté

Ingredients:

- 6, 4 oz. Tilapia
- 2 strips of bacon, chopped
- 2 cups cherry tomatoes, halved
- 1 tsp. minced garlic
- 1 tsp. pepper
- 1/2 tsp. salt
- 1/4 cup fresh basil, chopped
- 1 Tbs canola oil, divided

Heat bacon in a skillet over medium heat. Cook until bacon is browned, but not crisp. Add cherry tomatoes, garlic, pepper, and salt. Cook until tomatoes begin to soften. Remove from heat and mix in basil. Set aside. In a large skillet over medium-high heat add 1 1/2 teaspoons of oil to pan and swirl to coat. Sprinkle tilapia with a little more salt and pepper and add 3 filets to the pan and heat for a few minutes on each side until fish flakes with a fork. Remove fish and repeat by adding the remaining oil to the pan and then the remaining 3 filets. Cook until fish flakes with a fork. Top fish with tomato mixture. Enjoy! If you'd like a printer-friendly version of this recipe, [Click Here](#).

Total servings - 6

Serving size - 1

Points per serving - 3

This delicious recipe can be found on the website *Points In My Life* (www.pointsinmylife.com)

***"It's not a short-term diet; it's a long-term lifestyle change."
- Anonymous***