

Parmesan Pesto Tilapia with Tomatoes

(serves 4)

INGREDIENTS:

- 4 tilapia filets
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ¼ cup grated Parmesan cheese
- nonstick cooking spray
- ¼ cup pesto
- 4 plum tomatoes, chopped

DIRECTIONS:

- Preheat your broiler to low.
- Season the tilapia with the salt and pepper.
- Sprinkle the Parmesan cheese onto each filet.
- Line a baking sheet with tin foil.
- Spray the tin foil with nonstick cooking spray.
- Put the tilapia onto the foil.
- Place the tilapia under the broiler for about 10 minutes, until the the fish is cooked through and the cheese is golden brown.
- Top the tilapia with the pesto and tomatoes.
- Place back into the broiler for 1-2 minutes, just to warm the tomatoes.