



## Halibut with Cherry Tomato Vinaigrette

*Yield: 6*

1 qt	Cherry Tomatoes
6 tbsp	Oil, Olive
1/2 cup	Shallots, Fresh Peeled, Minced
2 tbsp	Vinegar, Red Wine
1/8 tsp	Kosher Salt
1/8 tsp	Ground Black Pepper
1/4 cup	Chives, Fresh, Chopped
6 each	Pacific Halibut Fillets, 4 oz
1/2 tsp	Kosher Salt
1/8 tsp	Ground Black Pepper
2 tbsp	Oil, Olive



Cut half of the tomatoes in half. Heat a skillet over medium high heat. Drizzle in 1/3 of the olive oil. Add the shallots and sauté for 1 minute. Add the remaining tomatoes and toss. Cover and lower the heat and cook for 5 minutes until tomatoes are soft and breaking apart. Remove from heat and season with salt, black pepper, red wine vinegar and remaining olive oil. Toss in chives.

Season fish with salt and black pepper on both sides. Heat a non-stick pan over medium high heat. Drizzle in oil and cook fish until cooked through, about 3 minutes. Serve each fillet with 1/2 cup of vinaigrette.

**Chef's Note:** Simple tomato vinaigrette is also great of chicken and tossed with cooked pasta.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sat Fat (g)
286.5	21.2	6.3	19.7	53.1+	325.5	1.7	2.8