Citrus Tilapia/Mahi Mahi with tomatoes and spice roasted brussel sprouts

Ingredients

2 tablespoons olive oil

1 cloves garlic, sliced

1 pint grape tomatoes, cut in half

Juice of 3 lemons

1 bunches flat leaf parsley, minced

1 tablespoons capers

Salt and black pepper

4 6-ounce pieces skinless tilapia or mahi fillets.

Procedure

1. Season tilapia/machi mahi with S+P on both sides
2. Heat 1 T of olive oil in a pan to medium-high heat. Cook the tilapia/mahi mahi until opaque, 3-5 minutes per side. Set aside
3. Slice up 3 cloves of garlic and heat 1 T of olive oil in a large skillet over medium high heat, add the garlic and cook until fragrant, 30-45 seconds
4. Add the tomatoes, orange juice, parsley, capers, S+P and simmer until tomatoes break down, 4-5 minutes
5. Serve sauce with fish and brussels sprouts

Spice Roasted Brussels Sprouts

2 lbs Brussels Sprouts

1/2 T Allspice

1/2 T Ground Ginger

1/2 T Paprika

1/2 T Cinnamon

1/2 T Garlic Powder

As needed: olive oil

S+P TT

1. Preheat oven to 350F
2. Cut the root off the brussel sprouts and cut in half. Wash thoroughly
3. Put the washed brussel sprouts in a bowl and add the olive oil and all of the spices plus the S+P to taste
4. Toss VERY well to incorporate the spices and oil. Then put into a shallow baking dish and bake at 350F for 20 minutes for regular sized brussel sprouts and 18 minutes for baby sprouts
5. Serve with sweet and sour tilapia and the starch of your choice.