

BRC Healthy Meal of the Week

Roasted Rock Fish with Tomatoes, Artichokes, Lemon, Rosemary, and Rice Pilaf

Ingredients (4 Servings)

1 tablespoon olive oil
1 onion, chopped
2 cloves garlic, minced
1 12-ounce can [artichoke](#) hearts, drained and quartered
4 rockfish fillets, about 4 ounces each
1 teaspoon chopped, fresh rosemary
salt to taste
freshly ground black pepper
1 cup diced, canned tomatoes, drained
1/4 cup fresh lemon juice
2 Cups Rice Pilaf

Cooking Instructions—Total Cooking Time 30 minutes

1. Preheat the oven to 350°F and boil 2 Cups of water for rice pilaf. Upon boil add rice, reduce to simmer, and cover for 20-30 minutes.
2. Heat the olive oil in a large skillet over medium heat. Add the onion and cook, stirring occasionally, until it is soft and translucent, about 5 minutes. Add the garlic and artichokes, season with salt and pepper, cook for 2 more minutes and transfer to a [baking](#) dish.
3. Season the rockfish fillets with rosemary, salt and pepper and place them in the baking dish. Pour the tomatoes over the fillets and sprinkle with lemon juice, salt and pepper. [Bake](#) until the fish is just cooked through, about 10 to 12 minutes, depending on the thickness of the fish.

Nutrition Facts

Serving Size is 1 filet and about 1 cup of rice pilaf cooked

- Calories 184
- Protein 23 g
- Total Carbohydrate 10 g
- Dietary Fiber 2 g
- Sugar 5 g
- Total Fat 5 g
- Saturated Fat 1 g
- Monounsaturated Fat 3 g
- Polyunsaturated Fat 1 g

