



baked red snapper with zesty tomato sauce

Prep time: 10 minutes

Cook time: 40 minutes

traditional Mediterranean-style fish with tomatoes and peppers

For fish:

12 oz fillets of red snapper or bass, cut into 4 portions (3 oz each)

1 Tbsp olive oil

½ tsp salt

¼ tsp ground black pepper

For tomato sauce:

1 Tbsp olive oil

1 red bell pepper, rinsed and cut into ¼-inch sticks

1 green bell pepper, rinsed and cut into ¼-inch sticks

1 C canned no-salt-added diced tomatoes

2 C canned no-salt-added tomato sauce

1 Tbsp fresh oregano, rinsed, dried, and chopped (or 1 tsp dried)

1 Tbsp fresh basil, rinsed, dried, and chopped (or 1 tsp dried)

1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)

- 1 Preheat oven to 350 °F. Rinse fish fillets in cold water. Pat dry with paper towels. Coat each fillet with olive oil and season with salt and pepper.
- 2 Place fish fillets on a baking sheet, and bake for 25–30 minutes or until fish is white and flakes easily with a fork in the thickest part (to a minimum internal temperature of 145 °F).
- 3 For sauce, heat olive oil in a medium-sized saucepan.
- 4 Add bell peppers, and cook gently until they are still firm, but tender, about 3–5 minutes.
- 5 Add tomatoes and tomato sauce, and bring to a boil over high heat. Reduce heat and simmer for 10–15 minutes or until the tomatoes are soft. Add oregano, basil, and parsley, and simmer for an additional 2–3 minutes. Remove sauce from the heat and set aside.
- 6 When the fish is done (see step 2), remove from the oven.
- 7 Serve each 3-ounce fillet with 1 cup of sauce.

Tip: Delicious served with **Pesto Baked Polenta** (on page 125).



yield:

4 servings

serving size:

3 oz fillet, 1 C sauce

each serving provides:

calories	213	total fiber	4 g
total fat	8 g	protein	20 g
saturated fat	1 g	carbohydrates	15 g
cholesterol	30 mg	potassium	910 mg
sodium	365 mg		