

red snapper provencal

Prep time: 20 minutes
Cook time: 20 minutes

a crispy, Mediterranean-style fish fillet with tomatoes, olives, and anchovies

- 2 Tbsp olive oil
- 12 oz red snapper, bass, or tilapia fillets, cut into 4 portions (3 oz each)
- 1½ Tbsp garlic, minced (about 3–4 cloves)
- ½ C low-sodium chicken broth
- 1 C canned no-salt-added diced tomatoes
- ¼ C black olives, sliced
- ½ Tbsp anchovy paste (optional)
- 2 Tbsp fresh basil, chopped (or ½ Tbsp dried)
- ¼ tsp ground black pepper

- 1 Heat olive oil in a large, heavy-bottom sauté pan.
- 2 Add fillets, and sauté over high heat for 4–5 minutes on each side or until each side is golden brown and the fish flakes easily with a fork in the thickest part (to a minimum internal temperature of 145° F).
- 3 Remove fillets from the pan, cover to keep warm, and set aside. Drain excess fat from pan, but do not clean.
- 4 Add garlic to sauté pan, and cook for about 30 seconds, until it begins to soften. Do not brown.
- 5 Add chicken broth to the pan, and bring to a boil over high heat. Add remaining ingredients, and return to a boil. Lower heat and simmer for 5 minutes.
- 6 Serve each fish fillet with ½ cup of sauce.

Tip: Try serving with a side of steamed broccoli and crusty bread or **Whole-Wheat Bow Tie Pasta With Puttanesca Sauce** (on page 73).



yield:

4 servings

serving size:

3 oz fish, ½ C sauce

each serving provides:

calories	216	total fiber	2 g
total fat	10 g	protein	25 g
saturated fat	2 g	carbohydrates	6 g
cholesterol	43 mg	potassium	518 mg
sodium	341 mg		