



Fish with Tomatoes, Capers & Green Olives

Serves eight

8 Basa fillets – or any white, firm, mild fish
1 ½ large lemons – juiced
1 large white onion – sliced
2 garlic cloves – minced
3 tomatoes – peeled and chopped
1 tsp. crushed oregano
½ tsp. dried thyme
1 TBS capers
½ cup pitted and chopped green olives
½ cup chopped parsley
1 tsp. salt
1 tsp. black pepper

Place the fish fillets in a non-reactive dish and cover with the lemon juice. Allow sitting for about 10 minutes.

Heat a skillet and add the oil. Cook the fish, in batches, until they turn white on each side. Set the fish aside.

Add the onion to the skillet and cook for about 5 minutes – until onion is translucent. Add the garlic and cook, stirring often, for a couple of minutes. Add the tomatoes, mix and cook for 4 to 5 minutes. Add the oregano, thyme, capers, olives, parsley, salt and pepper. Mix well.

Return the fish to the skillet by placing it directly onto the tomatoes. Cover the pan and cook for another 6 to 7 minutes – until the fish is completely cooked through. Serve the fish on a platter with the tomato sauce on top. Enjoy!

CALORIES 211.53.; FAT 9.57 grs (sat 0.78; mono 4.09; poly 0.59); PROTEIN 24.39 grs ; FIBER 1.78 grs;
CARBS 8.35 grs; CHOLESTEROL 0.00 mg; IRON 2.42 mg; SODIUM 619.31 mg; CALCIUM 73.86 mg