



Mediterranean Baked Fish

Serving size: 4-oz fillet with sauce

Yield: 4 servings

Ingredients:

- 2 teaspoon olive oil
- 1 large onion, sliced
- 1 can (16 oz.) whole tomatoes, drained (reserve juice) and coarsely chopped
- 1 bay leaf
- 1 clove garlic, minced
- 1 cup dry white wine
- ½ cup reserved tomato juice, from canned tomatoes
- ¼ cup lemon juice
- ¼ cup orange juice
- 1 tablespoon fresh orange peel, grated
- 1 teaspoon fennel seeds, crushed
- ½ teaspoon dried oregano, crushed
- ½ teaspoon dried thyme, crushed
- ½ teaspoon dried basil, crushed
- black pepper to taste
- 1 pound fish fillets (sole, flounder, salmon, or sea perch)



Directions:

1. Heat oil in large non-stick skillet. Add onion and sauté over moderate heat 5 minutes or until soft.
2. Add all remaining ingredients except fish.
3. Stir well and simmer 30 minutes, uncovered.
4. Arrange fish in a 10- by 6-inch baking dish; cover with sauce.
5. Bake, uncovered, at 375° F about 15 minutes or until fish flakes easily.

Nutrition Facts per serving: Calories: 178; Total fat: 4 g; Saturated fat: 1 g; Cholesterol: 56 mg; Sodium: 260 mg; Fiber: 3 g; Protein: 22 g; Carbohydrate: 12 g; Potassium: 678 mg



Cornell University
Cooperative Extension
Fulton and Montgomery Counties

Cornell Cooperative Extension in Fulton & Montgomery Counties provides equal program and employment opportunities.