

Fish with Fresh Tomato Sauce

Serves 4

Nonstick Vegetable oil spray
1 small onion chopped
8 tbsp dry white wine
1 large clove garlic, chopped
3 large tomatoes, about 1¼ pounds, chopped
1½ tsp dried oregano
2 8-ounce fillets, flounder, snapper, sea bass, tilapia, orange roughy

Spray a large non-stick skillet with vegetable spray
Place onion, 2 tbsp wine and garlic in skillet
Cover and cook over medium-low until onion is tender, stirring occasionally about 10 minutes
Add tomatoes, 1 tsp oregano and 6 tbsp wine
Simmer uncovered until mixture is reduced to a thick sauce about 10 minutes
Place fish on sauce
Sprinkle fish with ½ tsp oregano, salt and pepper
Cover skillet, simmer fish about 6 minutes till done
Spoon sauce onto plates and place fish on top

Per serving:
152 calories
23 g protein
7 g carbohydrates
1.6 g fat
0.3 g sat fat
54 mg cholesterol
102 mg sodium

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