# Mediterranean Baked Fish with Tomatoes



This will be your go-to, weeknight dinner recipe for a deliciously easy and healthy meal you can make in just 30 minutes. Packed with heart-healthy, Mediterranean-inspired ingredients, including olive oil, tomatoes, garlic, green bell peppers, and flaky white fish, this dish will take your taste buds on a vacation to remember.

MAKES 4 SERVINGS (4 OUNCES FISH + 1/2 CUP VEGETABLES EACH)
PREPARATION TIME: 30 MINUTES

## Ingredients

1½ teaspoons olive oil
3 cloves garlic, minced
1 medium yellow onion, diced
1 green bell pepper, diced
1 (14.5-ounce) can diced tomatoes, with juice
3 tablespoons tomato paste
¼ cup lemon juice
1 tablespoon dried oregano
Pinch salt
Pinch black pepper
1 pound white fish, cut into 4 (4-ounce) fillets (such as tilapia, cod, whitefish, rockfish)
3 tablespoons parsley, chopped (or 1 tablespoon dried)

Garnishes (Optional):
Red chili flakes
Hot sauce
Lemon juice

## Instructions

1. Preheat the oven to 400° F.
2. In a medium sauce pan over medium heat, heat the olive oil.
3. Add the garlic, and cook for 1 minute.
4. Add the onion and bell pepper, and cook for 3 minutes, stirring slightly.
5. Add the diced tomatoes, tomato paste, lemon juice, oregano, salt, and black pepper. Stir and cook for 3 minutes.
6. Remove from the heat. In a 3-quart rectangular baking dish, add half of the sauce. Arrange the fish fillets over the sauce. Pour the remainder of the sauce over the 4 fish fillets.
7. Place the dish, uncovered, in the oven, and bake for 20 minutes.
8. Remove the dish from the oven, and top with the chopped parsley.

Note: If desired, add red chili flakes or hot sauce for extra spice.

Nutritional Analysis (4-ounce fish fillet + ½ cup vegetable serving): 228 calories, 16 g carbohydrate, 4 g fiber, 8 g total sugar, 0 g added sugar, 5 g fat, 1 g saturated fat, 65 mg cholesterol, 33 g protein, 356 mg sodium


tomato WELLNESS



### About the Recipe Author
Recipe by Sarah Koszyk, MA, RDN, registered dietitian and sports nutritionist, specializing in complete wellness from within using real food for real people.

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