

Caribbean Red Snapper

From the National Institutes of Health National Diabetes Education Program:
<http://www.ndep.nih.gov/publications/PublicationDetail.aspx?PubId=131&redirect=true%20-%20page5#page5>

Ingredients

- 2 Tbs. olive oil
- 1 medium onion, chopped
- ½ cup red pepper, chopped
- ½ cup carrots, cut into strips
- 1 clove garlic, minced
- ½ cup dry white wine
- ¾ pound red snapper fillet
- 1 large tomato, chopped
- 2 Tbs. pitted ripe olives, chopped
- 2 Tbs. crumbled low-fat feta or low-fat ricotta cheese

Instructions

1. In large skillet, heat olive oil over medium heat. Add onion, red pepper, carrots, and garlic. Sauté mixture for 10 minutes. Add wine and bring to boil Push vegetables to one side of pan.
2. Arrange fillets in a single layer in center of skillet. Cover and cook for 5 minutes.
3. Add tomato and olives. Top with cheese. Cover and cook for 3 minutes or until fish is firm but moist.
4. Transfer fish to serving platter. Garnish with vegetables and pan juices.

Makes 4 servings

Nutrition information per serving:

Calories	220
Carbohydrate	8 g
Dietary Fiber	2 g
Protein	19 g
Total Fat	10 g
Saturated Fat	2 g
Sodium	160 mg
Vitamin A	80% DV
Vitamin C	70% DV

