

FISH FILLETS WITH FRESH TOMATOES

Ingredients

2 Tbsp. olive oil (extra virgin preferred)	1/4 tsp. pepper
1 large rib of celery, chopped	1/8 tsp. (heaping) ground cinnamon
1/3 C chopped onion	1/8 tsp. salt
3 large garlic cloves, crushed or minced	4 thin, mild fish fillets, rinsed, patted dry
10-12 oz. Italian plum (Roma) tomatoes (chopped)	1 1/2-2 Tbsp. fresh lemon juice
1 small carrot (thinly sliced)	chopped parsley (optional)
1 small dried bay leaf	

Directions

- In a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the celery, onion, and garlic for about 2 minutes, stirring constantly, adjusting the heat if necessary so the mixture doesn't brown. Stir in the tomatoes, carrot, bay leaf, pepper, cinnamon, and salt. Cook for 5 minutes.
- Make 4 depressions in the tomato mixture. Place the fish in the depressions. Spoon the tomato mixture over the fish to cover. Cook for 3 to 5 minutes, or until the fish is almost done (there should be just a little resistance when you try to flake the fish with a fork). Remove from the heat.
- Drizzle the fish with the lemon juice. Let stand, covered, for about 5 minutes so the fish finishes cooking and the flavors blend. Discard the bay leaf. Garnish with the parsley.

Source: heart.org

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