



## *The Right Bite* **Fragrant Fish Fillets**

### **4 Servings**

### **Ingredients**

#### **You'll Need:**

1 tablespoon olive oil  
1/2 cup fresh mushrooms, sliced  
1/2 cup green onions, chopped  
1 clove garlic, minced  
12 ounces fish fillets  
2 tablespoons blush wine  
1 fresh tomato, peeled, cored, and sliced  
2 tablespoons fresh parsley, snipped  
Hungarian paprika (optional)  
Lemon slices

#### **Take Out:**

10 inch skillet with lid  
Measuring spoons  
1/2 cup dry measuring cup  
Pancake turner  
Warm platter  
Fork

#### **Directions:**

1. In skillet, heat olive oil. Add mushrooms, onions, and garlic. Saute for 1-2 minutes.
2. Add wine, tomato, parsley, and fish. Cover and let simmer for 5-8 minutes or until fish flakes easily with fork.
3. Remove fillets to warm platter. Pour tomato sauce over fish as is or boil down for 1-3 minutes for thicker sauce. Garnish with paprika and lemon wedges.

#### **Nutrition Facts per Serving:**

Calories	131
Carbohydrate	2 grams
Fat	5 grams
Sodium	57 mg
Protein	21 grams

Exchanges: 3 lean meats, 1/2 vegetable