

The Right Bite **Fragrant Fish Fillets**

4 Servings

You'll Need:

1 Tablespoon olive oil
½ cup fresh mushrooms, sliced
½ 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
½ cup dry measuring cup
Pancake Turner
Warm platter
Fork

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.

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

Exchanges: 3 Lean Meats, ½ Vegetable