

Fragrant Fish Fillets

Yield: 4 servings



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

INGREDIENTS

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

INSTRUCTIONS

1. In skillet, heat olive oil. Add mushrooms, onions, and garlic. Sauté 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.

NOTES

Serving Size: 1/4 of recipe

Nutrition Facts per Serving:

Calories 131

Carbohydrate 2g

Fat 5g

Sodium 57mg

Protein 21g

Source: The Right Bite

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