



Red Snapper Provençal

A crispy, Mediterranean-style fish fillet with tomatoes, olives, and anchovies.

Ingredients:

- 2 Tbsp olive oil
- 12 oz red snapper, bass, or tilapia fillets, cut into 4 portions (3 oz each)
- 1½ Tbsp garlic, minced (about 3–4 cloves)
- ½ C low-sodium chicken broth
- 1 C canned no-salt-added diced tomatoes
- ¼ C black olives, sliced
- ½ Tbsp anchovy paste (optional)
- 2 Tbsp fresh basil, chopped (or ½ Tbsp dried)
- ¼ tsp ground black pepper

Directions

1. Heat olive oil in a large, heavy-bottom sauté pan.
2. Add fillets and sauté over high heat for 4–5 minutes on each side or until each side is golden brown and the fish flakes easily with a fork in the thickest part (to a minimum internal temperature of 145° F).
3. Remove fillets from the pan, cover to keep warm, and set aside. Drain excess fat from pan, but do not clean.
4. Add garlic to sauté pan, and cook for about 30 seconds, until it begins to soften. Do not brown.
5. Add chicken broth to the pan, and bring to a boil over high heat. Add remaining ingredients, and return to a boil. Lower heat and simmer for 5 minutes.
6. Serve each fish fillet with ½ cup of sauce.
- 7.

Yield: 4 Servings. Serving size: 3 oz. fish with 1/2 cup sauce

Each serving provides:

Calories: 216	Total fat: 10 g
Saturated fat: 2 g	Cholesterol: 43 mg
Sodium: 341 mg	Total fiber: 2 g
Protein: 25 g	Carbohydrates: 6 g
Potassium: 518 mg	

