

RED SNAPPER

November 12, 2009

Serves 4

This recipe also works well with chicken breast used in place of red snapper.

2 Tbsp olive oil
1 medium onion, chopped
½ cup red pepper, chopped
½ cup carrots, cut into strips
1 clove garlic, minced
½ cup dry white wine*
¾ pound (12 oz) of red snapper fillet
1 large tomato, chopped
2 Tbsp pitted ripe olives, chopped
2 Tbsp crumbled low-fat feta or low-fat ricotta cheese

**Water or fat-free broth can be used in place of white wine.*

In a large skillet, heat olive oil and add onion, red pepper, carrots, and garlic. Saute for 10 minutes then add wine and bring to a boil. Push the vegetables to one side of the pan. Arrange fillets in a single layer in center of skillet. Cover to cook for 5 minutes. Add tomato and olives. Top with cheese then cover and cook for 3 minutes or until fish is firm but moist. Transfer fish to a serving platter and add vegetables and pan juices. Serve fish on top of vegetables with brown rice.

Nutrition Facts per serving for Red Snapper

Serving size ¼ red snapper (or 3 oz) with ½ cup vegetables

Calories 385, Calories from Fat 80, **Total Fat** 10g, Saturated Fat 2g, **Cholesterol** 35mg, **Sodium** 160mg, Dietary Fiber 2g, **Total Carbohydrate** 8g, **Protein** 19g.



CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM

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Providing guidance and support to make the "healthy choice the easy choice!"