Sicilian White Fish

My husband and I are not a true-blue fish fans, both us of being Tucson natives and not accustomed to foods that come from the sea, so trying to find a flavorful fish dish is not my favorite venue. However, this recipe developed by chef Graham Kerr is excellent! I made a few modifications to cut down on time and the list of ingredients, but the original recipe can be found at his website, and it probably is even better than my shortened version. The recipe serves 4, so I froze the half we didn't eat and after reheating it in the microwave, we found that as a reheat it provided a very tasty and quick supper meal.

Sicilian White Fish

Serves 4

- 1 tsp. olive oil
- 2 cups chopped onion, 1/4" pieces
- 1 4" sprig fresh rosemary or 1 tsp dried
- 3 cloves garlic, bashed and
- ½ cup dry white wine
- ¼ cup roughly chopped green olives
- 1/8 tsp crushed chiles or hot sauce
- 1/8 tsp fresh ground black
Directions:

1. Heat the oil in a high-sided skillet on medium high. Cook with the sprig of rosemary for 1 minute. Add the garlic and celery and cook 2 minutes. Pour in the tomatoes and wine and simmer 4 minutes.

2. Stir in the olives, chiles, and pepper. Bury fish in the sauce, cover, and simmer on low until the fish flakes, about 8 minutes.

3. Place fish fillets on plate, and spoon sauce on top. Sprinkle with parsley.

4. Serve with a crusty Italian bread.

Nutritional Information: Per serving: 290 calories, 4g. fat, 1g. saturated fat, 3g. fiber, 947mg. sodium.

Vegetarian Option: Replace the fish with reduced fat tofu. Cut the tofu into 4 oz servings and treat them exactly as you would the fish.

Vegetarian per serving: 140 calories, 4g. fat, 1g. saturated fat, 4g. fiber, 947mg. sodium.