



Mediterranean Baked Fish

Source: *Cooking with Extension* | **Yield:** 4 servings (4 oz. fillet with sauce). 178 Calories per serving. Total fat 4g; Protein 22g; Total carbohydrate 12g; Dietary fiber 3g, Sodium 678mg

INGREDIENTS:

- 1 lb. fish fillets (sole, flounder, or sea perch)
- 2 teaspoons olive oil
- 1 large onion, sliced
- 1 (16 oz.) can whole tomatoes, drained (reserve juice), coarsely chopped
- ½ cup tomato juice (reserved from canned tomatoes)
- 1 bay leaf
- 1 clove garlic, minced
- 1 cup dry white wine
- ¼ cup lemon juice
- ¼ cup orange juice
- 1 tablespoon fresh orange peel, grated
- 1 teaspoon fennel seeds, crushed
- ½ teaspoon dried oregano, crushed
- ½ teaspoon dried thyme, crushed
- ½ teaspoon dried basil, crushed
- Black pepper to taste

DIRECTIONS:

1. Heat oil in large nonstick skillet. Add onion and sauté over moderate heat for 5 minutes or until soft.
2. Add all remaining ingredients except fish. Stir well and simmer uncovered for 30 minutes.
3. Arrange fish in a 10x6-inch baking dish. Cover with sauce. Bake uncovered at 375°F for about 15 minutes or until fish flakes easily.