

# Blue is Better Recipe (Serves 4) Baked Fish Veracruz

## Ingredients

- olive oil • onion • garlic
- tomatoes
- 2 cans no-salt-added whole tomatoes
- green bell pepper
- jalapeno pepper
- dried oregano • ground cumin
- pimiento stuffed green olives
- capers, optional
- 1-lb skinless flounder, sole or haddock
- brown rice
- fresh herbs

## Preparation Instructions

1. Preheat over to 375°. Heat oil, onion & garlic. Cook & stir 3 minutes or until onion is tender. Add tomatoes, bell pepper, jalapeno, oregano & cumin. Cook stirring occasionally, 2-3 minutes more. Stir in olives & capers, if desired; set aside.
2. Spray 11x17" baking pan with cooking spray. Place fish in single layer in pan, folding thin tail sections under to make fish evenly thick. Pour tomato mixture over fish. Cover with foil bake 10 minutes or until fish is opaque & flakes. Service with rice & garnish with fresh herbs if desired.



## NUTRITION FACTS

### Serving Size

4-oz. fish, 1/2 c. vegetables

### Amount Per Serving:

<b>Calories</b> .....	153
Calories from Fat.....	36
<b>Total Fat</b> .....	4 g
Saturated Fat.....	1 g
<b>Cholesterol</b> .....	39 mg
<b>Sodium</b> .....	347 mg
<b>Carbohydrate</b> .....	6 g
Dietary Fiber.....	2 g
<b>Protein</b> .....	22 g