



Recipe Spotlight



Spicy Southern Fish

INGREDIENTS

MAKES 6 SERVINGS

2 pounds fish fillets (tilapia, flounder or other white fish)

1 small tomato, peeled, seeded and chopped

1 medium onion, chopped

1 medium green pepper, chopped

1/2 cup mushrooms, sliced

3 tablespoons chili sauce

2 tablespoons lemon juice

2 tablespoons capers

1 tablespoon fresh parsley

2 cloves garlic, minced

1/2 teaspoon thyme

Pinch of salt

Pinch of pepper

1 teaspoon hot pepper sauce

1/4 cup white wine

PREPARATION

In a small bowl, combine all the ingredients, except the fish and wine. Pour into a 2-quart baking dish.

Cover and bake for about 15 minutes until the vegetables are tender. Stir in the wine.

Add the fish fillets and spoon some of the sauce over the fish.

Cover with foil and return to oven for about 15 to 20 minutes, depending on thickness of the fish. Fish should flake easily when done.

Serve with rice and green vegetables.