



Mediterranean Fish Stew
Makes 5 servings

2 teaspoons olive oil
4 small red potatoes (3/4 pounds), sliced 1/4 in. thick
1 bag (1 lb) frozen red, yellow and green pepper mix
3-4 cloves garlic, chopped
1 small onion, chopped in large pieces
½ cup white wine or water (may need more)
1 jar (24 - 26 ounces) low-fat marinara sauce
1 pound tilapia or catfish fillets, cut into 3-inch pieces
1/8 – ¼ teaspoon red pepper flakes (to taste)
¼ cup chopped cilantro

- Heat oil in a large nonstick skillet over medium heat. Add onions and garlic and sauté for 2 to 3 minutes. Remove from pan. Increase heat to medium high. Spread potatoes in an even layer. Top potatoes with frozen peppers, sautéed onions and garlic. . Cover; cook 5 minutes.
- Add wine (water), cover and reduce heat. Simmer 5 minutes or until potatoes are tender, stirring a few times. Add marinara sauce and bring to a boil. Reduce heat; place fish on top. Add water if necessary. Cover and simmer 5 to 6 minutes until fish is cooked. Sprinkle with red pepper flakes and cilantro.
- Recipe adapted from Woman's Day February 2008

Nutritional Information:

Calories: 315

Fat: 6g

Saturated fat: 1g

Carbohydrates: 40g

Fiber: 5g

Protein: 21g