



Baked Fish With Tomatoes and Onions

1 pound white fish fillets - halibut (Pacific US), black cod (Alaska and Canada), porgy, striped bass or mahi mahi (United States) all work well

Salt and freshly ground pepper

Juice of 1/2 large lemon

2 teaspoons extra virgin olive oil

1 large onion, thinly sliced

1 large garlic clove, finely chopped

1 15-ounce can chopped tomatoes with juice (in summer use 1 pounds grated or peeled seeded ripe tomatoes)

1/8 teaspoon sugar

3/4 teaspoon cinnamon

1/2 teaspoon allspice

2 teaspoons tomato paste dissolved in 1/8 cup water

Leaves from 1/2 bunch flat-leaf parsley, chopped (about 1/4 cup - optional)

1. Pat the fish dry, place on a tinfoil lined baking sheet and season with juice of lemon, salt and pepper. Let stand for 30-60 minutes. Preheat oven to 400 degrees and bake fish for 18-22 minutes depending on its thickness. Flesh, when done, should easily flake apart when pierced with a fork.

2. Heat the oil over medium heat in a large, heavy skillet and add the onions. Cook, stirring often, until they have softened and begun to color slightly, 8 to 10 minutes. Add a generous pinch of salt and the garlic and cook, stirring, until the garlic is fragrant, 30 seconds to a minute. Stir in the tomatoes, sugar, cinnamon, allspice, dissolved tomato paste, and half the parsley. Bring to a simmer. Simmer uncovered, stirring often, until the sauce has cooked down a bit and is very fragrant, about 8-10 minutes. Remove from the heat and season with salt and pepper if desired.

3. Place fish over a generous bed of cooked greens (spinach or Swiss Chard work well) and top with tomato and onion mixture. Sprinkle with remaining parsley.

Compliments of Jean Varney – Eat Right, Be Fit, Live Well