



Northeast Georgia Medical Center

BARIATRIC WEIGHT LOSS CENTER



Tomato and Kalamata Olive Seafood Bake

Serving Size: 3oz Number of Servings: 4

Ingredients:

- 2 Tbsp extra virgin olive oil
- 1 large onion, sliced in ½ inch slices
- 4 ripe plum tomatoes, chopped, large dice
- 1/3 cup sliced pitted kalamata olives
- 2 cloves of garlic, finely minced
- 1 cup dry white wine
- Juice of 2 lemons, about 1/3 to 1/2 cup
- 1 tsp dried oregano
- ½ tsp ground black pepper
- ¼ tsp red pepper flakes (optional)
- 1 Tbsp olive oil to brush bottom of baking dish
- 4 fish filets (salmon, swordfish, mackerel), each 3-4 ounces



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Steps:

1. Preheat oven to 375° F.
2. Heat the 2 Tbsp olive oil in a large sauté pan over medium heat. Add the onions and cook them until they become soft, about 5 minutes.
3. Add the tomatoes, kalamata olives, minced garlic and the rest of the ingredients (except the fish).
4. Simmer mixture over medium low heat, stirring occasionally, for about 15 minutes or until liquid has reduced at least by two thirds.
5. Brush baking dish with 1 Tbsp olive oil and arrange the fish fillets so they do not overlap.
6. Pour the sauce from the sauté pan over the fish and bake for uncovered in the oven for 15 minutes, until the fish is opaque and flaky when you insert a knife to check.

Nutrition Facts (per serving):

Calories: 316, Protein: 18g, Fat: 20g, Carbohydrates: 2g, Sugars: 2g, Sodium: 645mg