Broiled Fish Mediterranean Style

Description

Broiled whitefish with fresh tomatoes, basil and feta cheese provide a delicious Mediterranean style dish that is healthy too.



Summary

Yield: 4
Prep Time: 30 minutes
Category: Fish
Cuisine: Mediterranean

Ingredients

- 1 lb white fish fillets (halibut, cod, sea bass, tilapia, perch)
- 1 can italian diced tomatoes (14 oz), drained
- 1 clove garlic, minced
- 1 1/2 tsps fresh basil
- 4 ozs feta cheese, crumbled
- 1/3 cup brown onion, chopped
- 2 tsps olive oil

Instructions

In a saucepan, saute onion and garlic in olive oil until tender. Add tomatoes and basil, bring liquid to a boil in saucepan. Reduce heat and simmer uncovered for 5 minutes.

Broil fish 4 to 6 inches from heat for 5 to 6 minutes. Top fillets with tomato mixture and feta cheese. Broil another 5 to 7 minutes longer or until fish flakes easily with a fork.