

Baked California Sea Bass with Minted Zucchini, Corn and Tomatoes

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Palm Beach Post

Servings: 4

FOR THE SEA BASS

1 pound California white sea bass (or other sea bass), cut into four equal pieces

1 tablespoon olive oil

generous sprinkling salt and black pepper

FOR THE VEGETABLES

2 tablespoons olive oil

1 large sweet onion, thinly sliced

1 medium zucchini, sliced into half moons

1 large ear sweet corn, kernels cut off

1 cup cherry tomatoes, halved

zest and juice of one lemon

several shakes salt and ground black pepper

1/4 cup fresh mint leaves, chopped

fresh mint leaves (for garnish)

OTHER INGREDIENTS

extra virgin olive oil

lemon wedges

Preheat the oven to 425 degrees.

Rub 1/2 tablespoon of olive oil on the inside of a baking dish.

Sprinkle the fish with salt and black pepper. Place the fish in the baking dish. Drizzle with the remaining 1/2 tablespoon of olive oil.

Bake the fish for 18 to 20 minutes. Test for doneness with a fork. The meat should be opaque. If not, bake for another 3 to 5 minutes and check again.

To cook the vegetables, warm the olive oil in a large skillet over medium-low heat. Add the onions and saute' 8 to 10 minutes or until translucent and browned in spots.

Add the zucchini and cook for 5 minutes, stirring occasionally, until just softened and a few brown spots appear.

Add the corn and cook for 3 minutes until just softened.

Add the tomatoes, lemon juice and zest, salt and pepper. Cook for 2 minutes.

Remove from heat and stir in the fresh mint.

Divide the vegetables evenly among four plates. Top each with a sea bass filet. Lightly drizzle each filet with a little extra virgin olive oil.

Garnish with fresh mint and serve with lemon wedges.

Per Serving (excluding unknown items): 137 Calories; 11g Fat (65.9% calories from fat); 2g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 2 Fat.