

Cozumel Red Snapper Vera Cruz

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Servings: 4

Preparation Time: 25 minutes

Bake Time: 35 minutes

4 6-ounce red snapper fillets

1/2 teaspoon salt

1/4 teaspoon pepper

1/4 cup white wine or chicken stock

2 large tomatoes, seeded and chopped

1 medium onion, chopped

1/3 cup pitted green olives, chopped

1 jalapeno pepper, seeded and minced

2 tablespoons capers, drained

2 cloves garlic, minced

2 tablespoons olive oil

hot cooked Israeli couscous (optional)

chopped fresh cilantro (optional)

Preheat the oven to 375 degrees.

Sprinkle the fillets with salt and pepper.

Place the fish in a 13x9-inch baking dish. Drizzle with the wine.

Top with the tomatoes, onion, olives, jalapeno, capers and garlic. Drizzle with the olive oil.

Bake for 35 to 40 minutes or until the fish flakes easily with a fork.

If desired, serve with couscous and sprinkle with cilantro.,

Per Serving (excluding unknown items): 100 Calories; 8g Fat (70.4% calories from fat); 1g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 409mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.