

Snapper with Zucchini and Tomato

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Servings: 2

4 teaspoons extra-virgin olive oil, divided
1/2 teaspoon Kosher salt, divided
1/2 teaspoon freshly ground black pepper, divided
2 six-ounce snapper fillets
2 tablespoons dry vermouth or white wine
1 cup diced zucchini
1 1/2 tablespoons shallots, minced
1 teaspoon fresh oregano, chopped
1 teaspoon lemon rind, grated
1 cup cherry tomatoes, halved
1 tablespoon fresh basil, chopped
2 teaspoons fresh lemon juice

Heat a large nonstick skillet over medium-high heat. Add one teaspoon of the oil to the pan, swirl to coat.

Sprinkle 1/4 teaspoon of the salt and 1/4 teaspoon of the pepper over the fish.

Add the fish to the pan. Cook for 3 minutes on each side or until the desired degree of doneness. Remove the fish from the pan. Keep warm.

Add the vermouth. Cook until the liquid almost evaporates.

Add the zucchini, shallots, oregano, lemon rind, one teaspoon of oil and 1/8 teaspoon of the salt. Saute' for 3 minutes or until the zucchini is tender.

Combine the zucchini mixture, tomato, remaining 1/8 teaspoon of salt, remaining two teaspoons of oil, basil and lemon juice. Toss gently. Serve with the fish.

Per Serving (excluding unknown items): 323 Calories; 12g Fat (34.8% calories from fat); 46g Protein; 6g Carbohydrate; 1g Dietary Fiber; 81mg Cholesterol; 618mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 2 Fat.