



This dish is quick and easy to prepare. After you take your first bite, you'll see that a light, healthy meal with simple flavors can be delicious and rewarding.

*Recipe from:
The Mayo Clinic
mayoclinic.org*

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Mediterranean White Fish Steaks

Serves 4

2 large tomatoes cored and sliced 1/4-inch thick
1 small onion, chopped
2 T. capers, rinsed
1 1/2 T. balsamic vinegar
1 T. olive oil
1/4 c. reduced-fat feta cheese
1 medium zucchini, trimmed and thinly sliced
1/2 t. lemon pepper (salt-free) seasoning, divided use
4 fillets (4 oz. each) white fish

Set four tomato slices aside. Chop the remaining slices into small cubes and place them in a bowl.

Add onion, capers, vinegar, oil and feta. Stir to mix.

Place oven rack in the upper position and preheat broiler. Line two rimmed baking sheets with aluminum foil and spray with cooking spray. Place zucchini rounds in a single layer on one baking sheet and fish fillets on the other sheet. Spray the top sides with cooking spray.

Place zucchini under the broiler for about 1 minute. Turn and season with 1/4 t. lemon pepper. Broil for another minute and move the baking sheet to the bottom of the oven to keep warm.

Place the fish fillets under the broiler for about 3 minutes. Turn and continue broiling until the fillets spring back under light pressure, about 3 to 6 minutes. Cooking time will depend on the thickness of the fillets.

Season fish with 1/4 t. lemon pepper.

Place 1 tomato slice on each of four plates. Arrange zucchini in an overlapping circle on top of the tomatoes. Place a fish fillet on the zucchini and top with the diced tomato mixture.

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