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BAKED SNAPPER WITH TOMATO-ORANGE SAUCE Intermediate Lifestyle

Ingredients

3 cups chopped red tomato (about 2 pounds)
2 cups chopped yellow tomato (about 1-1/2 pounds)
1/2 cup chopped onion
1/4 cup dry white wine
1 TSP grated orange rind
1/4 cup fresh orange juice
1/8 TSP ground turmeric
2 garlic cloves, minced
4 (6-ounce) red snapper, grouper, or other firm white fish fillets
1 TSP olive oil
1/4 TSP Morton's Lite salt
1/8 TSP black pepper

Instructions

1. Preheat the oven to 400°.
2. Combine first 8 ingredients in an 11 x 7-inch baking dish. Bake at 400° for 20 minutes.
3. Arrange fish on top of tomato mixture. Drizzle with oil. Sprinkle with salt and pepper. Cover with foil. Bake 20 minutes or until fish flakes easily when tested with a fork.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 fillet and 1 cup sauce = 1 P, 1 V