

# WHITEFISH WITH CAPERS

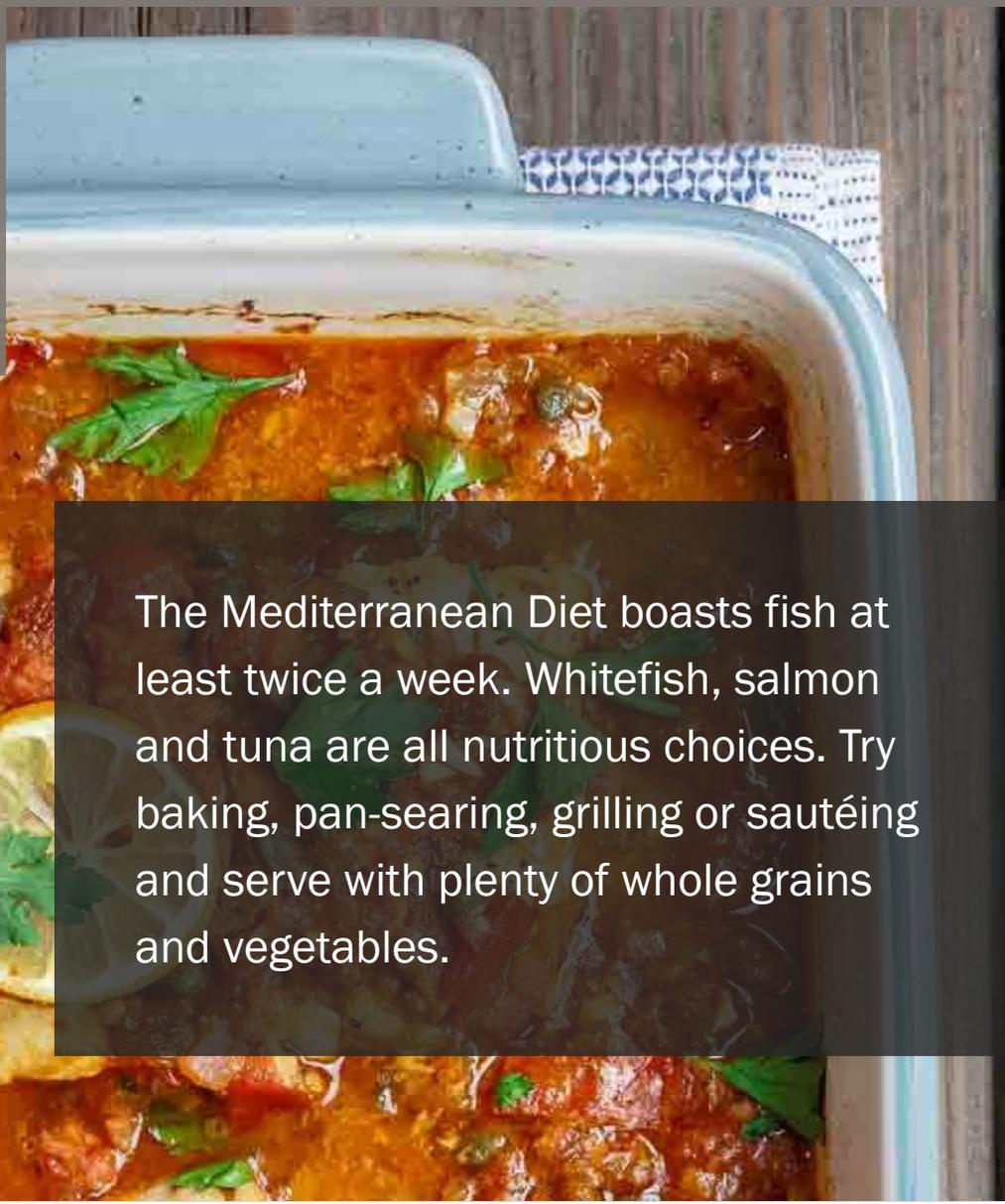
1/3 c extra virgin olive oil  
2 large tomatoes, diced  
1 1/2 T capers  
1 small red onion, chopped  
10 garlic cloves, smashed & peeled  
1 1/2 tsp ground coriander  
1 tsp paprika  
1 tsp cumin  
1/2 tsp cayenne pepper (optional)  
1 1/2 tsp golden raisins  
1 1/2 lb whitefish, cod or halibut  
1/2 lemon, juiced and zested

Heat olive oil in a medium saucepan over medium-high heat. Add the onions and cook for about 3 minutes, until they begin to brown. Add the tomato, garlic, spices, capers and raisins. Bring to a boil, reduce heat and let simmer 15 minutes.

Heat oven to 400 degrees F. Pat fish dry and sprinkle with pepper and a pinch of salt. Pour 1/2 of the tomato sauce onto the bottom of a 9 x 13" pan. Arrange fish on top, adding lemon juice and zest, then top with remaining sauce.

Bake in oven for 15–18 minutes until fish is cooked through and flakey. Remove from heat and garnish with lemon wedges, if desired.

ADD EVEN MORE  
FIBER TO THIS DISH  
BY SERVING  
ZUCCHINI, SUMMER  
SQUASH OR ROASTED  
POTATOES ALONGSIDE  
THE PROTEIN AND  
SAUCE.



The Mediterranean Diet boasts fish at least twice a week. Whitefish, salmon and tuna are all nutritious choices. Try baking, pan-searing, grilling or sautéing and serve with plenty of whole grains and vegetables.