

Baked Orange Roughy

Baked orange roughy topped with green and red bell peppers, onions, tomatoes, and olives.

Ingredients

- 1 tbsp olive oil
- 5 each medium garlic cloves
- 1 each medium onions
- 1 each chopped green bell peppers
- 1 each medium red bell peppers
- 1 each medium tomatoes
- 3/4 tsp salt
- 36 oz orange roughy fillet
- 1 each cooking spray
- 1 1/2 oz pitted calamata olives



Directions

1. Preheat oven to 425°F.
2. In nonstick skillet over medium-high, heat oil and sauté garlic, onion, green and red bell pepper 5 - 7 minutes, until onions are translucent.
3. Add tomato and salt, cook 2 additional minutes, stirring often.
4. Lightly coat 13" x 9" baking dish with cooking spray. Add fish, top with onion mixture and olives.
5. Bake 20 minutes or until fish flakes easily with fork.

Makes 6 servings.

Nutrition Facts:

Calories 204
Total Fat 4.5g
Total Carbohydrates 5.9g
Dietary Fiber 1.5g
Protein 32.4g

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