

## Red Snapper Provençal

(Makes 4 servings)

### **Ingredients:**

- 2 tablespoons olive oil
- 12 ounces red snapper, bass, or tilapia fillets, cut into 4 portions (3 ounces each)
- 1 ½ tablespoons garlic, minced (about 3-4 cloves)
- ½ cup low-sodium chicken broth
- 1 cup canned no-salt-added diced tomatoes
- ¼ cup black olives, sliced
- ½ tablespoon anchovy paste (optional)
- 2 tablespoons fresh basil, chopped (or ½ tablespoon dried)
- ¼ teaspoon ground black pepper



### **Directions:**

1. Heat olive oil in a large, heavy-bottom sauté pan.
2. Add fillets, and sauté over high heat for 4-5 minutes on each side until each side is golden brown and the fish flakes easily with a fork in the thickest part (minimum internal temperature of 145° F).
3. Remove fillets from the pan, cover to keep warm, and set aside. Drain excess fat from pan, but do not clean.
4. Add garlic to sauté pan, and cook for about 30 seconds, until it begins to soften. Do not brown.
5. Add chicken broth to the pan, and bring to a boil over high heat. Add remaining ingredients, and return to a boil. Lower heat and simmer for 5 minutes.
6. Serve each fish fillet with ½ cup of sauce.

### **Nutritional Analysis:** (per serving)

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|---------------------|--------------------|
| ▪ Calories: 216     | ▪ Carbohydrate: 6g |
| ▪ Total Fat: 10g    | ▪ Total Fiber: 2g  |
| ▪ Saturated Fat: 2g | ▪ Protein: 25g     |
| ▪ Cholesterol: 43mg | ▪ Potassium: 518mg |
| ▪ Sodium: 341mg     |                    |

### **Source:**

[Deliciously Healthy Dinners, National Heart, Lung and Blood Institute](#)