



**BRAIN
HEALTHY
COOKING**
program

Entrée

Baked Whitefish with Tomatoes & Olives



Ingredients

Two 4-5-ounce whitefish fillets (haddock, cod, pollock or other whitefish), skin and any bones removed
2 garlic cloves, crushed
1 TBSP extra virgin olive oil
1 PINT cherry or grape tomatoes, halved
1 TBSP white wine
1/4 CUP black or kalamata olives, pitted
Handful of fresh basil, finely chopped
SLR's Spice of Life or your favorite salt-free seasoning blend

Yield: 2 servings

Preparation Time: 15 min

Cook Time: 25 min

Total Time: 40 min

Directions

- 1. Preheat** oven to 425°
- 2. Pour** the olive oil into a large oven-safe skillet set over medium heat. When shimmering, add the garlic. Cook, stirring often, until garlic is fragrant but not browned, one to two minutes.
- 3. Add** the tomatoes to the skillet. Stir in the white wine. Remove from heat.
- 4. Season** the fish fillets, we prefer to use our own Spice of Life Blend, but you can use whichever salt-free seasoning blend you like best. Place the fish fillets into the pan so they touch the bottom of the pan. Top the two fillets with the olives and basil leaves. Spoon some of the tomatoes and pan juice over the tops of the fillets.
- 5. Transfer** skillet to the oven and cook until fish is done, 10 to 15 minutes.
- 6. Serve** with sautéed zucchini or summer squash.

