Cooking Corner

Fresh Tomatoes Tonight? Good For You!

For a one-skillet meal sizzling with nutrients, including lycopene, simmer fish fillets on a bed of fresh tomatoes grown in Florida.

(NAPSA)—When you realize how good tomatoes are for you, you'll enjoy their good flavor even more. Florida tomatoes are in season right now, and they're loaded with lycopene, a powerful antioxidant that helps keep us healthy!

You get the full benefits of lycopene in Fish Fillets with Fresh Tomato Sauce, a colorful dish that is low in fat and very easy to make.

Want more information on how lycopene can help prevent heart disease, cancer and age-related blindness? Visit www. floridatomatoes.org or, for a free leaflet, send a stamped self-addressed business-size envelope to the Florida Tomato Committee, 4401 E. Colonial Dr., PO Box 140635, Orlando, FL 32814-0635.

FISH FILLETS WITH FRESH TOMATO SAUCE

4 flounder or other thin, mild-flavored fish fillets (about 6 ounces each)
½ teaspoon salt, divided
¼ teaspoon ground black pepper, divided
1 tablespoon olive oil
1 medium onion, cut in thin wedges (about 1 cup)
2 teaspoons chopped garlic
1 pound fully ripened fresh Florida tomatoes, coarsely chopped (about 2 cups)
¼ cup sliced black olives
1 teaspoon Italian seasoning

Sprinkle fish fillets lightly with half of the salt and black pepper; set aside. In a large skillet, heat oil over medium-low heat; add onion and garlic; cook and stir until tender, about 5 minutes. Stir in tomatoes, olives, Italian seasoning, and the remaining salt and pepper; cover and simmer until tomatoes release their juices, about 5 minutes. Arrange fish fillets in a single layer on top; cover and simmer until fish is opaque in the center, about 5 minutes. With a spatula, transfer fish fillets to serving plates; spoon Fresh Tomato Sauce on top. Serve over rice, if desired.

Yield: 4 portions

Per portion: 239 calories, 34g protein, 7g fat, 10g carbohydrate.