

Seafood

Orange Roughy Italiano

Taste of Home One-Dish Meals

Servings: 4

2 cups zucchini, sliced

1/2 cup onion, thinly sliced

1 teaspoon dried oregano

1 tablespoon olive oil

4 4-ounce orange roughy fillets

1/4 teaspoon salt

1/8 teaspoon pepper

1 medium tomato, chopped

1/2 cup part-skim mozzarella cheese, shredded

In a large nonstick skillet coated with cooking spray, saute' the zucchini, onion and oregano in oil for 5 minutes or until onion is tender.

Sprinkle the fillets with salt and pepper; place over zucchini. Sprinkle with tomato.

Reduce heat; cover and simmer for 10 minutes or until fish flakes easily with a fork. Sprinkle with cheese; cover and let stand for 2 minutes or until cheese is melted.

Per Serving (excluding unknown items): 133 Calories; 4g Fat (30.1% calories from fat); 18g Protein; 5g Carbohydrate; 2g Dietary Fiber; 23mg Cholesterol; 210mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 1/2 Fat.