
Baked Fish Nicoise

Sylvie Cvitko - Georgia

North American Potpourri - Autism Directory Service, Inc - 1993

1 large (two pounds) whole red snapper
1/4 cup olive oil
8 ounces (or more) dry white wine
3 white onions, sliced
2 tomatoes, sliced
1/4 cup parsley, chopped
4 to 5 cloves garlic, minced
salt (to taste)
pepper (to taste)
1/4 cup butter, melted with crushed garlic
minced parsley (for garnish)

Wash the fish. Cut the fish open along the belly. Leave the head and tail on. Remove the inside organs.

Rub the fish inside and outside with the olive oil. Sprinkle the fish inside and out with salt and pepper.

Place the fish in a baking dish. Pour the wine and the rest of the oil over the fish. Sprinkle on the garlic. Place the sliced onions and sliced tomatoes on top of the fish. Sprinkle the parsley on top of the fish.

Bake the fish at 350 degrees for 40 minutes. Pour the melted butter over the fish.

Bake for 5 minutes longer.

(This recipe works well for trout.)

Yield: 4 to 5 servings

Seafood

Per Serving (excluding unknown items): 1930 Calories; 111g Fat (56.1% calories from fat); 148g Protein; 47g Carbohydrate; 9g Dietary Fiber; 378mg Cholesterol; 961mg Sodium. Exchanges: 20 Lean Meat; 8 Vegetable; 20 Fat.