Fish with Sweet Peppers

Colorful, healthy, delicious!

Preparation Time 30 minutes

Makes: 4 servings (4oz portion of fish each)

Ingredients

- 16oz cod, salmon or other fish of your choice, cut into 4 equal peices
- 2 red or yellow bell peppers, cut into strips
- 4 tablespoons extra virgin olive oil
- 2 garlic cloves, finely minced
- 1/8 tsp salt
- 4 tablespoons fresh parsley, finely minced
- Black pepper to taste
- 1 tablespoon lemon juice
- 1/2 cup olives, chopped

Directions

1. In small bowl combine parsley, garlic, salt, lemon juice and 1 tablespoon of the olive oil.

2. Heat 2 tablespoon of olive oil in a wide skillet. Sauté peppers for 5-10 minutes until they begin to caramelize. Place in a bowl and set aside

3. Add 1 tablespoon of olive oil to the skillet and place the fish pieces in the pan, (skin side down if using fish with skin). Sauté for 5-10 minutes; turn pieces, top with olives and cook another several minutes until fish is opaque and flakes easily.

WATCH, TASTE, LEARN Healthy Cooking Class

Elizabeth Caruthers, RDN, CDCES Nutrition and Diabetes Program Coordinator

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Community Health & Wellness

Our Family – Taking Care of Yours

4. Divide the peppers among 4 plates. Top with fish and olives. Sprinkle the parsley and garlic mixture. Serve immediately.

Nutrition

- 4oz fish serving
- Calories 270
- Carbs 12g, Added sugar 0g, Fiber 3g
- Fat 17g, Protein 22g
- Sodium 333 mg, Potassium 317mg

Elizabeth Caruthers, RDN, CDCES

Registered Dietitian-Nutritionist

Certified Diabetes Education Specialist

Looking for support?

A registered dietitian-nutritionist and diabetes educator can help you build a foundation of better health. Services at Community Health and Wellness are covered by HUSKY, Medicare, private insurance, and financial assistance.

Nutrition Counseling

- Nutritional assessment and individualized guidance based on your health conditions and laboratory results.

Diabetes Prevention Program

- Weekly groups led by a registered dietitian-nutritionist with peer support to keep you motivated.

Diabetes Education Program

- Individual appointments to help you gain the knowledge, skills and confidence to manage your diabetes well.

Watch, Taste, Learn

- Healthy cooking classes, recipe demonstrations and tastings.

Want to learn more?

Contact Elizabeth Caruthers, Nutrition and Diabetes Program Coordinator at 860-489-0931 x1110 or ecaruthers@chwctorr.org.