

THEODORA

speaks



Gayle Keller

Delightful One-Sheet Fish Recipe . . . from a Farmer's Market Foodie

Ingredients (serves 2)

- 1 lb. red snapper or branzino fish from Soft Wave Fish Company
- 1 medium heirloom tomato, minced, from Nichols Farm & Orchard
- 3 tbsp. yellow onion, minced, from Nichols Farm & Orchard
- 2 tbsp. kalamata olives, minced, from Spartan Gourmet Foods, Inc.
- 2 tbsp. chopped herbs (rosemary, sage, basil, oregano)
- 1 tsp. minced garlic
- 3 tbsp. dry white wine
- Olive Oil, drizzle, from Spartan Gourmet Foods, Inc.
- Salt to taste
- Pepper to taste

Directions

Preheat oven to 450 degrees

Place fish fillets on greased baking sheet. Sprinkle fish with salt and pepper. Combine ingredients in a small bowl. Mix well. Spread medley of ingredients over fish fillets.

Bake fish in oven for 12-15 minutes or until flaky. Serve hot.

Optional:

Accompany fish with small fingerling roasted potatoes from Nichols Farm & Orchard tossed in salt and pepper, olive oil and chopped rosemary. You can cut the potatoes in half for more of a crispier on the outside, soft on the inside texture.

Bake the potatoes in oven at 400 degrees for 45 minutes. Sprinkle chopped chives on top.

Enjoy!