

Oven-Roasted Fish Fillets with Tomatoes, Olives and Capers

2 6-8 oz. halibut fillets
1 t. olive oil
salt and pepper

Preheat oven to 450°. Place the fish in a baking dish and drizzle with the oil. Season with salt and pepper.

Make the sauce (recipe following) and spoon it over the top of the fillets. Add a splash of white wine or water to the bottom of the pan. Bake for 12 minutes or until slightly firm to the touch.

Sauce:

1 c. Pomi brand chopped tomatoes
2 t. extra-virgin olive oil
3 cloves of garlic, minced
10 kalamata olives, pitted and chopped
2 T. capers
1/2 c. roasted red bell pepper, chopped
dash of chili pepper flakes
salt and pepper to taste
chopped parsley and lemon for garnish

Quickly sauté the garlic in the oil for 30 seconds. Add all of the remaining ingredients. Sauté for 2 minutes. Taste for seasoning and adjust as necessary.