athenian fish with cucumbers and tomatoes

TOTAL TIME
30 minutes
MAKES 4
SERVINGS

APRON'S ADVICE

Complete your meal with black olives, hummus and pita bread (or pita chips), and lemon pie for dessert. For a quick pasta salad, stir 1 cup cooked, chilled pasta into the Cucumbers and Tomatoes recipe. Increase the Greek salad dressing to 3/4 cup.

SHOPPING LIST

Dry Grocery
1/2 cup Greek salad dressing
1 1/2 tsp Greek seasoning
1 (14.5-oz) can diced tomatoes
1 (14-oz) can quartered artichoke hearts
1/4 cup white wine

Produce
1 pt cherry tomatoes
1 cucumber
1 tbsp minced garlic
3/4 cup pre-diced onions

Seafood
4 fish fillets (tilapia, snapper, or mahi; 1-1 1/2 lb)

From Your Pantry
1 tbsp extra-virgin olive oil
1/4 tsp kosher salt

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COOKING SEQUENCE

- Prepare salad and let stand - 10 minutes
- Prepare fish and serve - 20 minutes

athenian fish

INGREDIENTS

4 fish fillets (tilapia, snapper, or mahi; 1–1 1/2 lb), thawed
1/4 teaspoon pepper
1 teaspoon Greek seasoning, divided
1 tablespoon extra-virgin olive oil
1 tablespoon minced garlic
1/4 cup pre-diced onions
1 (14-oz) can quartered artichoke hearts (drained)
1 (14.5-oz) can diced tomatoes (drained)
1/4 cup white wine

PREP

- Always check fish for bones.

STEPS

1. Preheat large sauté pan on medium-high 2–3 minutes. Season both sides of fish with pepper and 1/2 teaspoon of the Greek seasoning (wash hands).
2. Place oil in pan, then add garlic and onions; cook and stir 1–2 minutes or until onions are slightly softened.
3. Add fish fillets and top with remaining ingredients (including remaining 1/2 teaspoon Greek seasoning). Cover and cook 8–10 minutes, stirring vegetables once, or until fish is 145°F (or flesh separates easily). Serve.

CALORIES (per 1/4 recipe) 190kcal; FAT 6g; CHOL 50mg; SODIUM 660mg; CARB 9g; FIBER 1g; PROTEIN 24g; VIT A 4%; VIT C 25%; CALC 6%; IRON 8%

cucumbers and tomatoes

INGREDIENTS

1 cucumber
1 pint cherry tomatoes
1/2 cup pre-diced onions
1/2 cup Greek salad dressing
1/2 teaspoon Greek seasoning
1/4 teaspoon kosher salt

PREP

- Peel cucumber, if desired, then cut in half lengthwise. Slice thinly and place in medium bowl.
- Cut cherry tomatoes lengthwise into quarters; add to cucumbers.

STEPS

1. Stir in remaining ingredients until evenly coated.
2. Let stand 10–15 minutes to blend flavors. Stir and serve.

CALORIES (per 1/4 recipe) 140kcal; FAT 11g; CHOL 0mg; SODIUM 520mg; CARB 31g; FIBER 2g; PROTEIN 1g; VIT A 15%; VIT C 20%; CALC 2%; IRON 2%

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