

Roasted Fish with Peppers

4 Servings • 1 Serving = 4 Ounces of Fish and ¼ Cup Peppers



INGREDIENTS

- 1 pound white fish
- ¼ teaspoon salt
- Freshly ground black pepper, to taste
- 1 Tablespoon extra virgin olive oil, divided
- ½ red bell pepper, thinly sliced
- ½ green bell pepper, thinly sliced
- 2 cloves garlic, minced
- 1 Tablespoon capers
- 1 lemon
- 1 small bunch parsley, chopped

DIRECTIONS

1. Preheat oven to 400°F. Season the fish with salt and pepper and set aside.
2. Toss the slices of pepper and garlic with ½ Tablespoon oil. Lay on a sheet pan, allowing enough room in between each slice so that they can brown and soften. Roast for 10 minutes.
3. Remove the sheet pan from the oven. Scrape the peppers to the edges of the pan, leaving some space for the fish to lie. Drizzle the fish with the remaining oil and scatter the capers on top. Roast for another 10 minutes, or until fish is flaky and opaque.
4. Remove from the oven and squeeze fresh lemon juice on top of fish.
5. Garnish with parsley and serve.

Nutrition Facts	
4 servings per container	
Serving size 4 ounces fish and 1/4 cup peppers	
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 280mg	11%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 14mcg	70%
Calcium 46mg	4%
Iron 1mg	6%
Potassium 473mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

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