

Creole Red Snapper

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Ingredients

1 tablespoon olive oil
1/4 cup chopped onion
1/4 cup chopped green bell pepper
1 garlic clove, minced
1 (14 1/2-ounce) can no-salt-added whole tomatoes, undrained and chopped
2 teaspoons low-sodium Worcestershire sauce
2 teaspoons red wine vinegar
1/2 teaspoon dried basil
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
Dash of hot sauce
4 (6-ounce) red snapper fillets
Fresh basil sprigs (optional)

Directions

Heat oil in a large nonstick skillet over medium-high heat until hot. Add onion, green bell pepper, and garlic; sauté until tender.

Add tomatoes and next 6 ingredients. Bring to a boil; add fillets, spooning tomato mixture over fish. Reduce heat; cover and simmer 12 minutes or until fish flakes easily when tested with a fork.

Garnish with basil sprigs, if desired, and serve immediately.