

Flounder with Green Chilies Sauce

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 16 minutes

Serves: 4

CChints: This recipe calls for flounder but you can use other types of white fish like, halibut, cod, tilapia and swordfish. You can grill or steam the fish by selecting your preferred Method below. Always cook with a wine that you would also drink. If the wine is not good enough to drink you should not cook with it. Kalamata olives can be found with the other olives in your market. A greenish-black-purple olive from Greece. They are brine-cured with an intense flavor and often served in Italian and Greek salads and dishes.



4 teaspoons olive oil, divided
1/3 cup shallot or yellow onion, diced
4 plum tomatoes, chopped
2 gloves minced garlic, fresh or jarred
1/4 cup white wine
1/4 cup low fat chicken broth
4 ounce can mild green chilies
2 teaspoons capers, drained, chopped
5 kalamata olives, seeded and diced
2 teaspoons butter, softened
2 tablespoons sliced green onion (green part only)

Fish:
4 fillets of fish (5-6 ounce each)
2 teaspoons olive oil
1 glove minced garlic
1/2 teaspoon cumin
salt and pepper to taste

Rinse the fish and pat them dry. Lay them out on a plate or cutting board. Rub each piece with the oil and sprinkle each piece with the garlic, cumin, salt and pepper.

In a large nonstick skillet, heat 2 teaspoons of oil over medium heat. Add the fish and let cook for 3 minutes just to get a golden color on one side. Remove from the pan and keep warm. Add the onions and cook for 4 minutes. Reduce the heat slightly and add the tomatoes. Cover and cook for 4 minutes. Add the garlic and slowly pour in the wine. Stir in the chicken broth through olives.

Lay the fish on top of the vegetables, cooked side up. Cover the pan and cook for 4 minutes or until the fish flakes with a fork. Remove the pan from the heat.

Gently put a piece of fish on each plate and quickly stir the butter into the vegetable mixture. Spoon the vegetables and a little sauce over each piece of fish. Sprinkle with green onions and serve.