

DASH EATING PLAN

Baked Red Snapper

With Zesty Tomato Sauce

HEALTHY EATING, PROVEN RESULTS

This traditional Mediterranean-style fish with a delicious tomato and pepper sauce pairs well with Pesto Baked Polenta and low-fat Greek yogurt.



Delicious heart healthy recipes are as good for your heart as they are for your taste buds! The [Heart Healthy Eating](http://healthyeating.nhlbi.nih.gov) webpage (healthyeating.nhlbi.nih.gov) features this recipe and more than 100 others created for the National Heart, Lung, and Blood Institute (NHLBI). Along with heart healthy recipes from cuisines around the world, there is plenty of information about food shopping, cooking, and eating healthfully for the entire family.

DASH EATING PLAN

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.



National Heart, Lung, and Blood Institute

Baked Red Snapper With Zesty Tomato Sauce

Number of servings from each DASH Food Group in the suggested meal featuring this recipe

1/4
Grains

2 1/2
Vegetables

1 1/4
Fruits

1 1/2
Dairy

3
Meats, Fish, and Poultry

0
Nuts, Seeds, and Legumes

2
Fats and Oils

1
Sweets and Added Sugars

INGREDIENTS

FOR FISH:

12 oz fillets of red snapper or bass, cut into 4 portions (3 oz each)

1 tbsp olive oil

1/2 tsp salt

1/4 tsp ground black pepper

FOR TOMATO SAUCE:

1 tbsp olive oil

1 red bell pepper, rinsed and cut into 1/4-inch sticks

1 green bell pepper, rinsed and cut into 1/4-inch sticks

1 cup canned no-salt-added diced tomatoes

2 cups canned no-salt-added tomato sauce

1 tbsp fresh oregano, rinsed and chopped (or **1 tsp** dried)

1 tbsp fresh basil, rinsed and chopped (or **1 tsp** dried)

1 tbsp fresh parsley, rinsed and chopped (or **1 tsp** dried)

DIRECTIONS

- 1 Preheat oven to 350°F. Pat fish fillets dry with paper towels. Coat each fillet with olive oil and season with salt and pepper.
- 2 Place fish fillets on a baking sheet, and bake for 25–30 minutes or until fish is white and flakes easily with a fork in the thickest part (to a minimum internal temperature of 145°F).
- 3 For sauce, heat olive oil in a medium-sized saucepan.
- 4 Add bell peppers, and cook gently until they are still firm, but tender, about 3–5 minutes.
- 5 Add tomatoes and tomato sauce, and bring to a boil over high heat. Reduce heat and simmer for 10–15 minutes or until the tomatoes are soft. Add oregano, basil, and parsley, and simmer for an additional 2–3 minutes. Remove sauce from the heat and set aside.
- 6 When the fish is done (see step 2), remove from the oven.
- 7 Serve each 3-ounce fillet with 1 cup of sauce.

MAKES 4 SERVINGS

Each serving provides 213 calories, 8g total fat, 1g saturated fat, 30mg cholesterol, 365mg sodium, 20g protein, 15g carbohydrates, 910mg potassium, 4g total fiber.



Prep time
10 minutes

Cook time
40 minutes

Yields
4 servings

Serving Size
3 oz fillet,
1 cup sauce

TIP Try pairing the fish with Pesto Baked Polenta, Pear in Orange Sauce, and low-fat Greek yogurt.