

Mediterranean Fish Stew

SERVES 4

INGREDIENTS

- 2 red bell peppers, sliced**
- 2 medium onions, sliced**
- 1 medium eggplant, cut into 1-inch pieces**
- 2 medium zucchini, cut into 1-inch pieces**
- 1 cup sliced mushrooms**
- 6 medium tomatoes, chopped**
- 2 cloves garlic, finely chopped**
- 1 teaspoon herbes de Provence**
- ¼ teaspoon black pepper**
- ½ pound firm fish fillets (such as halibut, bass, salmon), cut into 1-inch pieces**
- 2 tablespoons fresh chopped parsley**
- 1 tablespoon fresh lemon juice**

DIRECTIONS

Heat ⅛ cup water in a large pan. Add the bell peppers and onions and cook for 3 minutes. Add the eggplant, zucchini, and mushrooms and continue cooking for another 6 to 8 minutes or until tender, adding more water if necessary to keep from sticking.

Add the tomatoes, garlic, herbes de Provence, and black pepper and simmer on low heat for 4 minutes.

Add the fish to the stew and mix in gently. Cover and simmer on low heat for 8 to 10 minutes, stirring occasionally.

Before serving, stir in parsley and lemon juice.

PER SERVING: CALORIES 192; PROTEIN 23g; CARBOHYDRATES 29g; TOTAL FAT 2.5g; SATURATED FAT 0.4g; CHOLESTEROL 18.1mg; SODIUM 60mg; FIBER 10.7g; BETA-CAROTENE 2,045ug; VITAMIN C 129mg; CALCIUM 102mg; IRON 3mg; FOLATE 139ug; MAGNESIUM 121mg; ZINC 1.5mg; SELENIUM 24.1ug