

Fish and Peppers

4 fish fillets (12 - 16 oz)

3/4 cup chicken broth

1 medium onion, sliced into rings and separated

3/4 tsp dried oregano

1/2 tsp finely shredded lemon peel, optional

1 Tbsp lemon juice

1 garlic clove, minced

3/4 cup green bell peppers, cut into strips or bite-sized pieces

3/4 cup red bell peppers, cut into strips or bite-sized pieces

1 1/2 tsp cornstarch

1 Tbsp water

1 lemon, deseeded, sliced then halved

In large skillet, combine both, onion, oregano, peel, lemon juice, and garlic.

Bring to a boil; reduce heat. Cover and simmer 3 minutes.

Arrange fillets in skillet over onion mixture; top with bell pepper. Cover and simmer over medium heat for 4 - 6 minutes until fish flakes easily with a fork. Remove fish and vegetables from skillet.

*Combine cornstarch and water. Add to pan juices; cook and stir until thickened and bubbly. Cook 2 minutes more.

To serve, divide fish and vegetables among 4 plates. Spoon pan sauce over fish and vegetables.

*Replace with Wine and Cheese Sauce (see sauces recipes)