Recipe Courtesy of Dr. Sandra Young, OD of the Visionary Kitchen:

Striped Bass with Mediterranean Tapenade[©]

Ingredients

1/2 cup sundried tomatoes

1/2 cup kalamata olives, pitted

14 oz can artichoke hearts, well drained

1/4 tsp black pepper

11/2 tsp capers, rinsed if salted

11/2 Tbsp balsamic vinegar

2 Tbsp olive oil

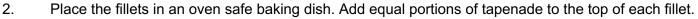
6-6 oz striped bass fillets (or, substitute barramundi fillets)

3 Tbsp fresh basil, for garnish

Directions

1. Preheat oven to 400°F. For the tapenade, roughly chop together the sundried tomatoes, olives, artichoke hearts, black

pepper and capers. Stir in the balsamic vinegar and olive oil.



- 3. Bake in the oven 15-20 minutes depending upon thickness. (Barramundi fillets tend to be thinner and will not take as long to cook.)
- 4. To test for doneness, pierce the thickest part with a fork. The flesh should be opaque and juices milky white.
- 5. Garnish with fresh basil.

<u>Nutrition Facts per serving</u> – 244 calories; 9g fat; 2g sat fat; 7g carbohydrates; 4g dietary fiber; 2g sugar; 33g protein; 1,549mcg lycopene; 292mg lutein+zeaxanthin; 1,184mg omega-3 fatty acids (Serves 6)

