

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
1½ tsp capers, rinsed if salted
1½ 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.
2. Place the fillets in an oven safe baking dish. Add equal portions of tapenade to the top of each fillet.
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.



Nutrition Facts per serving – 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)