

## Mediterranean Fish recipe

1 lb tilapia (or other white fish)

32oz can diced tomato (I used garlic & basil)

2 garlic cloves chopped

1 red onion chopped

1 can artichoke hearts

Black Olives slices

Dash of pepper to taste

Saute garlic & onions a few minutes in skillet just enough to brown.  
Layer on tilapia pour tomatoes, artichoke hearts and olives on top. Cover and let simmer 7-10 minutes (till the fish is poached.)

Enhance this recipe:

Use capers in place of olives

Add more veggies in the saute stage: spinach, broccoli, asparagus

Use Crockpot allow extra time to cook