

Orange Roughy with Tomatoes and Onion

Ingredients

- 100 grams orange roughy fish
- 1½ cups tomatoes, chopped
- 2 tablespoons onion, minced
- 1 clove garlic, crushed and minced
- ½ cup vegetable broth or water
- Sea salt and pepper to taste

Directions

1. Sauté onions and garlic in vegetable broth.
2. Add orange roughy and spices until almost cooked about 5 minutes.
3. Add freshly chopped tomatoes and cook for an additional 5 minutes.
4. Serve hot, add salt and pepper to taste.
5. Garnish with parsley.

Makes 1 serving (1 protein, 1 vegetable)
22 grams protein
2 grams fat
160 calories

PHASE 3 MODIFICATION:

Sauté onions and garlic in butter. Add ¼ cup half and half.

