

# BELL PEPPER!



## FRESH FISH WITH ROASTED VEGETABLES

Yield: 4 Servings

Chef Ouisie Jones for Recipe for Success

### INGREDIENTS

4	Roma tomatoes
2	ears of corn
1	yellow bell pepper
1	red bell pepper
1	medium white onion
1 or 2	garlic cloves
To taste	kosher salt
To taste	black pepper
½ teaspoon	ground allspice
¼ teaspoon	chili flakes
2 tablespoons	extra virgin olive oil
1½ - 2 pounds	fresh fish fillets (red snapper, red fish or tilapia)
1 cup	fresh basil
2	Key limes

*(recipe continued on other side)*



### COOKING TIP

Peppers may be difficult to cut into even pieces to cook with. The easiest way is to:

1. Cut the top off
2. Cut the bottom off
3. Stand it up and cut down one side
4. Open up the pepper and remove the seeds
5. Slide your knife across to remove the white membrane
6. Cut into desired sized pieces

## FRESH FISH WITH ROASTED VEGETABLES CONTINUED

### ROAST VEGETABLES

Preheat oven to 400°F.

Cut tomatoes into wedges.

Cut corn off the cob.

Cut yellow and red bell peppers in half. Remove seeds, ribs, and stems. Slice peppers into ¼ inch wide strips.

Trim ends off onion. Peel off outer layer. Cut into thin slices. Break slices into to separate rings.

Peel and chop garlic.

Place all of the vegetables in a large mixing bowl. Season with salt, black pepper, allspice, and chili flakes. Drizzle with olive oil. Toss the mixture thoroughly to combine.

Line a sheet pan with foil.

Turn seasoned vegetable mixture on to sheet pan.

Spread the vegetables out on the pan.

Place pan in oven. Roast for 7 minutes. Remove from oven.

### TO ROAST FISH

Cut fish fillets into 2 inch pieces.

Season fish pieces with salt and black pepper.

Place the fish pieces on top of the vegetables.

Return fish and vegetables to the oven. Roast for 8 minutes. Remove from oven.

Remove basil leaves from stem. Stack leaves. Cut into strips. This method of cutting is called “chiffonade.”

Squeeze limes over fish and vegetables.

Sprinkle basil on top.

Serve while hot.

**A ONE-CUP SERVING OF BELL PEPPER PROVIDES ABOUT 100% OF A PERSON'S DAILY RECOMMENDED AMOUNT OF VITAMIN A. VITAMIN A PROMOTES EYE HEALTH, AND BOOSTS THE IMMUNE SYSTEM.**



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