



# BRUSCHETTA FISH

**RECIPE PROVIDED BY:** Canola Eat Well

**RECIPE SOURCE:** [Cookspiration.com](https://www.cookspiration.com)

## RECIPE INFO

**YEILD:** 4 servings

1 serving = 1 fillet

## INGREDIENTS

2 Tbsp canola oil (30 mL)

4 firm white fish fillets 4 oz (125 g)  
each

1/4 tsp pepper (1 mL)

2 cups chopped Roma tomatoes  
(500 mL)

1/2 cup crumbled feta (125 mL)

1/2 cup minced red onion (125 mL)

1 garlic clove, minced

1 Tbsp balsamic vinegar (15 mL)

1 Tbsp canola oil (15 mL)

1/4 tsp salt (1 mL)

1/4 tsp pepper (1 mL)

1/2 cup fresh basil leaves chopped  
(125 mL)

## INSTRUCTIONS

### STEP 1

Preheat oven to 400°F (200°C).

### STEP 2

Pour 1 Tbsp (15 mL) canola oil in the bottom of a 9 x 13 inch (23 x 33 cm) baking dish and place fish fillets on top. Drizzle with remaining 1 Tbsp (15 mL) of canola oil and sprinkle with 1/4 tsp (1 mL) pepper.

### STEP 3

In a medium bowl, combine tomatoes, feta, red onion, garlic, balsamic vinegar, canola oil, salt and pepper. Mix to evenly combine.

### STEP 4

Top fillets evenly with tomato mixture and bake in the oven for 20 minutes, until fish is cooked through and flakes easily with a fork.

### STEP 5

Sprinkle basil evenly over top before serving.

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