

This recipe is adapted from the cookbook *The Food and Wine of Greece* by Diane Kochilas.



Psari a la Spetsiota

4 fillets of a white baking fish (we used Swai)
1-1/2 c of diced tomatoes (peeled and seeded)
2-4 cloves of garlic
1 c chopped parsley
1/2 c dry white wine
3/4 c whole wheat bread crumbs
1/4 c olive oil

Lightly salt the fish and set aside for 30 minutes. Combine tomatoes, parsley, garlic and wine in a bowl and let stand for 30 minutes. Preheat the oven to 350F.

Next season the fish with salt and pepper. Place in a greased, glass baking dish. Pour tomatoes over the fish, sprinkle with the bread crumbs and drizzle with olive oil. Bake for 25-35 minutes - or until fish is fork-tender and flaky. Serve warm.