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Mediterranean Sole with Ratatouille

Prep Time: 20 Min | Start to Finish: 30 Min | 4 Servings

- 1 medium bell pepper (any color), chopped (1 cup)
- 1 medium onion, cut into 8 wedges, separated
- 1 small bulb fennel, thinly sliced
- 1 small eggplant (1 lb), peeled, cut into 1/2-inch cubes
- 1 can (14.5 oz) Muir Glen® organic diced tomatoes with garlic and onion, undrained
- 4 teaspoons chopped fresh or 2 teaspoons dried oregano leaves
- 3/4 lb sole, orange roughly or other delicate- to medium-firm fish fillets (about 1/4 inch thick)

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Directions

1. Spray 12-inch skillet with cooking spray; heat over medium heat. Add bell pepper, onion and fennel; cook about 5 minutes, stirring frequently, until vegetables are crisp-tender.
2. Stir in eggplant, tomatoes and 2 teaspoons of the oregano; reduce heat to medium-low. Cover; cook 15 minutes, stirring frequently.
3. Cut fish fillets into 4 serving pieces. Roll up each piece, beginning from narrow end, and secure with toothpicks; sprinkle with remaining 2 teaspoons oregano. Place fish rolls, seam side down, in eggplant mixture. Cover; cook about 8 minutes or until fish flakes easily with fork.
4. Using slotted spoon, remove fish to serving platter. Remove toothpicks. Serve eggplant mixture with fish. Sprinkle with feta cheese, if desired.

Fish is a lean protein source that supplies amino acids that give structure to the body in skin, cell membranes and muscle.

1 Serving: Calories 180 (Calories from Fat 15); Total Fat 1.5g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 40mg; Sodium 390mg; Potassium 830mg; Total Carbohydrate 24g (Dietary Fiber 6g); Protein 17g % Daily Value: Vitamin A 25%; Vitamin C 60%; Calcium 8%; Iron 10%; Vitamin D 10% Carbohydrate Choices: 1 1/2