

Grouper atop Sautéed Veggies

Prep time: 20 minutes

Cook time: 10 minutes on stove top, 10 minutes in a 400 degree oven

3 cups total of zucchini, yellow squash, and green & red pepper, red onions, minced garlic, sliced fairly large, plus cherry tomatoes cut in half

¼ cup Kalamata olives

½ tsp. of salt

1/8 cup chopped fresh picked basil

1/16 cup Fresh picked Oregano leaves

2-3 cloves garlic crushed (from bulbs hanging to dry in my garage) for fish

1 Lemon sliced

½ lemon to squeeze on fish

Fish seasoning (salt, pepper, blackened seafood seasoning, etc.)

1.5 lbs. gulf grouper filets cut to serving size (or snapper or any white fleshed fish)

3 TBS Extra Virgin Olive Oil, separated

1. Pre-heat oven to 400 degrees.
2. Heat a 12-14 inch oven proof sauté pan and coat completely with 2 TBS olive oil, add 3 cups veggies, salt and sauté till tomatoes are soft. Stir in Kalamatta olives and fresh oregano and basil.
3. Place fish filets on top of veggies, which have had ½ lemon squeezed over, drizzled with remaining olive oil, topped with crushed garlic, seasonings, and lemon slices.
4. Bake for about 10 minutes till fish is cooked and onions are caramelized. Serve fish with pasta, using the veggies and juices as a sauce.

“Ben Boyter and his dad New Leaf Board member Hugh Boyter brought me some fresh caught gulf red grouper after a recent fishing trip. I prepared it with veggies from my garden and with those purchased at The Frenchtown Heritage Market from Ed Duffy and Blake Cantor from Owen River Farms. The market is open every Saturday from 9:00am to 1:00 pm on the corner of Macomb and Georgia Streets and features local grown, mostly organic vegetables, fish, eggs, honey, and meats.”

Anthony Gaudio

