

Pecan Mushroom Fish with Tomatoes

Serves 4

8 oz fresh mushrooms

2 tablespoons oil

½ cup ground pecans

¼ cup chopped fresh herbs

salt and pepper to taste

1 pound fresh tomatoes, diced

2 tablespoons balsamic vinegar

1 pound tilapia fillets or other thin fish

Pulse mushrooms in a mini food processor until finely minced.

Cook mushrooms until dry and slightly browned. Cool.

Mix mushrooms, oil, ground pecans, herbs, salt and pepper together.

Pour tomatoes into an oven proof baking dish. Drizzle in the balsamic vinegar and mix well.

Top tomatoes with fish. Top fish with mushroom mix.

Bake at 400 for about 20 minutes, or until fish flakes, topping is browned, and tomatoes are bubbly.

Read more: <http://blog.kitchentherapy.us/2009/06/n-is-for-nuts-pecan-mushroom-fish/>

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