

Spicy Red Snapper

4 6-ounce red snapper fillets **Makes 4 servings**
1 ½ teaspoons fresh lemon juice
1 Tablespoon vegetable oil
1/2 cup chopped green bell peppers
1/2 cup chopped onions
1/2 cup dry white wine
1 Tablespoon chopped fresh parsley
1/2 teaspoon dried basil, crumbled
1/2 teaspoon cayenne pepper
Fresh ground pepper
1 cup chopped tomatoes
1/4 cup grated Parmesan cheese
1/8 teaspoon favorite hot pepper sauce (such as Tabasco)

Prepared cooked rice to serve on the side.

Preheat oven to 350°F. Sprinkle the fillets with lemon juice. Heat oil in a skillet over med-low heat. Stir in the bell peppers and onions and cook until softened, about 5 minutes. Add the fillets and cook 1 minute per side. Leaving fillets in the skillet, add the wine, parsley, basil, cayenne and pepper. Cover and simmer 2 minutes.

Transfer to an ovenproof glass baking dish. Spoon tomatoes over the fish. Sprinkle with Parmesan cheese and hot pepper sauce. Bake in oven until fish is opaque, about 8 minutes. Serve immediately with rice.