

## RECIPES

### **Fish in Crazy Water**

2 filets of Tilapia  
1 can of tomatoes chopped  
1/3 c chopped red onion  
2 garlic cloves  
Fresh Oregano  
Salt & pepper to taste

Saute garlic and onion  
Add tomatoes and simmer for 10 minutes  
Place fish in sauce, covering with sauce  
Simmer additional 5 - 10 minutes. Toss in the fresh oregano just before serving.  
Serve over polenta or brown rice

This is a very traditional Italian dish served often. It's quick and easy and can be embellished with other fresh herbs depending on what you have available.  
Use fresh tomatoes if ripe or try a good brand of canned tomatoes in a pinch.

### **Polenta**

4 cups Chicken stock, seasoned to taste  
1 cup polenta  
1Tbs Butter  
2oz Chevre  
2 oz grated parmesan

Bring the stock to a boil  
Rain in the cornmeal, stirring constantly, and cook until soft  
Finish the polenta with the butter, chevre, & parmesan

Traditionally, this dish uses coarse ground cornmeal which takes longer to cook and requires stirring every 10 minutes for about 30 - 40 minutes. If you are in a hurry, you can use fine ground cornmeal which takes half the time. Finishing the polenta with butter and cheese is a preference of mine. I choose lowfat cheeses like parmesan and chevre (soft goat cheese).

