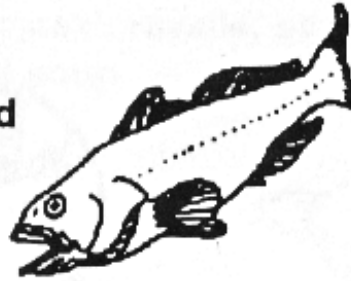


"Sea Bass with Italian Sauce"

4 fillets of sea bass
3 tbsp. olive oil
1 medium onion, chopped
1 green pepper, minced
1 stalk celery, chopped
1 clove garlic, minced



1 can tomatoes
1 Tsp chopped parsley
1/4 tsp dry oregano
2 oz dry white wine
Salt and pepper

First make the Italian sauce. Heat the olive oil in a heavy saucepan, add the onion, pepper, celery, all shredded, and the garlic. Braise until vegetables are slightly cooked (limp, but not brown). Then add the tomatoes, parsley, oregano, and wine, salt, and pepper to taste. Cook for about 10 minutes. Place the pieces of bass in a large baking dish, cover with sauce, and cook at 425 degrees for 10 minutes.

Author unknown