

Baked white fish with Onions, Peppers, Olives, and Feta

Yield: 2 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-white-fish-recipe>

Ingredients:

- 3 filets medium-sized uniformly-thick white fish
- tilapia
- fish
- orange roughy
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- cod
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- sole
- 1/2 tablespoon olive oil or less, depending on your pan
- 1/2 cup red pepper very finely diced
- 1/4 cup diced red onion very finely, or sweet white onion
- 1/4 cup green olives very finely diced, or try chopped capers if you're not a fan of green olives
- 1/3 cup crumbled feta or less if you're not wild about feta
- 2 tablespoons mayo or lite mayo, I would not use fat-free mayo, which usually has added sugar.