



Dieter's Delight Perch Filets in Wine

Low in calories, low in carbohydrates.

- 1 lb Perch filets
- 1 Onion, small, thinly sliced
- To taste Salt and pepper
- 1 T Parsley, fresh if possible
- 1 Tomato, finely chopped
- ¼ Green pepper, finely chopped
- 1-1/3 C Hunt Country **Cayuga White** wine
- 1 T Soy sauce

1. Very lightly oil a baking pan. Slice onion into the bottom of the pan. Place perch filets on top of onion. Sprinkle with salt, pepper and parsley. Sprinkle chopped tomatoes and green peppers over fish.
2. Combine wine and soy sauce and pour over fish.
3. Bake in 350° oven for 25 minutes or until fish flakes easily with a fork.
4. Display the perch on a lovely platter surrounded by florets of broccoli.
5. Enjoy with the rest of that bottle of Hunt Country **Cayuga White!**