Grouper with Tomato and Basil

1 (1 lb) piece grouper or red snapper fillet (3/4 inch thick), skinned and halved crosswise
1/4 t salt
1/8 t black pepper
1/2 C coarsely chopped tomato
1 small garlic clove, minced (optional)
2 T thinly sliced fresh basil

t = teaspoon
T = tablespoon
C = cup

Working off heat, put 1 T oil in a 10-inch nonstick skillet and add fish, turning to coat with oil on both sides. Arrange fish skinned sides down and sprinkle with salt and pepper.

Toss together tomato, garlic (if using), basil, remaining tablespoon oil, and salt and pepper to taste in a small bowl, then mound on top of fish. Cover skillet with a tight-fitting lid and cook fish over moderately high heat until just cooked through, about 8 minutes.

Yield: makes 2 servings
Active Time: 15 min.
Total Time: 25 min.

Serving Suggestion For a sumptuous side dish to compliment your meal also prepare:

Fresh Corn Spoon Bread