

SINCE 1896



PREMIUM

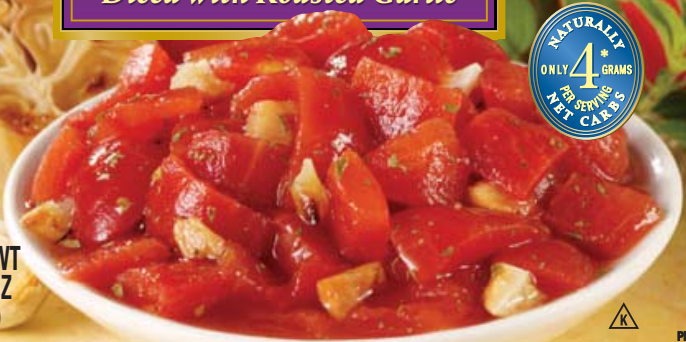
READY-CUT®

TOMATOES

Diced with Roasted Garlic



NET WT
14.5 OZ
(411g)



PLEASE RECYCLE

Nutrition Facts

Serving Size 1/2 cup (118g)
Servings Per Container about 3 1/2

Amount/Serving

Calories 30 Calories from Fat 0

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 240mg 10%

Total Carbohydrate 5g 2%

Dietary Fiber less than 1g 4%

Sugars 3g

Protein 2g

Vitamin A 15% • Vitamin C 25%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: TOMATOES, TOMATO JUICE, ROASTED GARLIC, SALT, HIGH FRUCTOSE CORN SYRUP, OREGANO, NATURAL FLAVORINGS, CALCIUM CHLORIDE, CITRIC ACID, DEHYDRATED PARSLEY.

Mediterranean Fish

Prep: 5 minutes
Cook: 15 minutes
Servings: 4

- 4 (6 oz.) fish fillets (salmon, sea bass, or halibut)
- 1 medium onion, thinly sliced
- 1 Tbsp. olive oil
- 1 can (14.5 oz.) S&W® Ready-Cut® Diced Tomatoes with Roasted Garlic, drained
- 1/4 cup salsa
- 8 stuffed green olives, halved crosswise



1. Cook fish, flesh side-down, and onions in olive oil in nonstick skillet over medium heat, 5 minutes. Turn fish.
2. Combine tomatoes and salsa. Add to skillet with olives. Cook 5 to 7 minutes longer or until fish is opaque and flakes easily with fork.
3. Gently transfer fish to serving dish and spoon sauce around and over fish.

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QUESTIONS OR COMMENTS?
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(MON.-FRI.).

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REFRIGERATE ANY UNUSED PORTION IN A SEPARATE, COVERED CONTAINER.

*NET CARBS PER SERVING = TOTAL CARBS MINUS FIBER



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