

## Cod Livornese

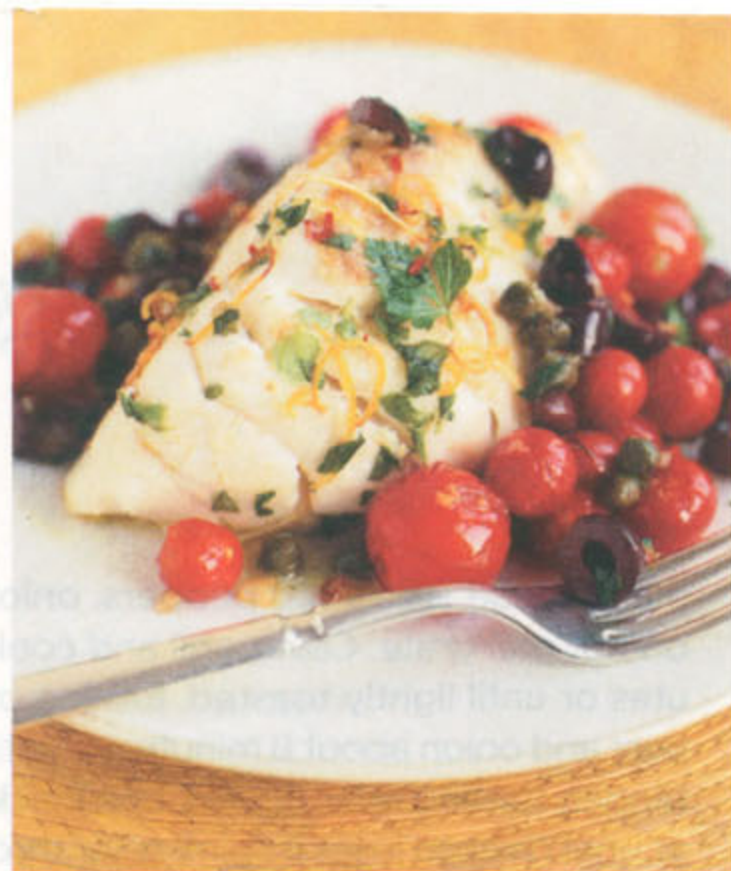
**Active time** 15 minutes

**Total time** 30 minutes

**Makes** 4 main-dish servings

**ReciTip** The Tuscan seaport town of Livorno is famous for this simple preparation of white fish featuring Mediterranean favorites: tomatoes, olives, and capers. The dish is classically made with snapper, but we used cod; you can also substitute flounder or tilapia.

- 1 Tbsp. chopped fresh oregano leaves
- 2 tsp. grated fresh lemon peel
- 2 tsp. plus 2 Tbsp. olive oil
- Salt
- 4 pieces cod fillet (6 oz. each)
- 1 pt. cherry tomatoes
- 1/4 c. Kalamata olives, pitted and coarsely chopped
- 2 Tbsp. drained capers
- 1/8 tsp. crushed red pepper
- 2 cloves garlic, minced



1/4 c. loosely packed fresh parsley leaves, chopped

1. In cup, combine oregano, lemon peel, 2 teaspoons oil, and 1/4 teaspoon salt. Rub both sides of cod fillets with oregano mixture.
2. In 12-inch nonstick skillet, heat 1 tablespoon oil on medium 1 minute. Add cod to skillet, and cook 8 to 10 minutes or just until fish turns opaque throughout, turning over once. Transfer cod to 4 dinner plates.
3. In same skillet, heat remaining 1 tablespoon oil on medium 1 minute. Stir in tomatoes, olives, capers, crushed red pepper, and garlic; cook 6 to 8 minutes or just until tomatoes are heated through and skins split. Stir in parsley; serve with cod.

**EACH SERVING** About 250 calories, 31 g protein, 6 g carbohydrate, 11 g total fat (2 g saturated), 2 g fiber, 73 mg cholesterol, 450 mg sodium.

## Microwave Tomato Risotto

(also pictured on page 164)

**Active time** 20 minutes

**Total time** 30 minutes

**Makes** 6 main-dish servings

1 can (14 to 14.5 oz.) chicken broth (1<sup>3</sup>/<sub>4</sub> c.)

2 c. water →



## Everything Old Is New Again

Why oddball heirloom tomatoes can be a perfect slice

They may not be uniformly beautiful, but what they lack in the looks department, heirloom tomatoes more than make up for in flavor, texture, and aroma. These rainbow-hued fruits, grown for certain characteristics and passed down by seed saving for at least 40 years, capture the fresh and juicy taste of summer. Look for them in your local farmers' market, or give them a shot in your own garden. Seed companies like Tomato Fest (tomato fest.com), The Cook's Garden (cooksgarden.com), and Burpee (burpee.com) have a great selection. Here are some of our favorites:



**BRANDYWINE** One of the most common varieties sold, this descendant of Amish cultivars is reddish-pink with a sweet and creamy interior. It makes an excellent stuffing tomato.



**CHEROKEE PURPLE** This tomato, attributed to the Cherokee tribe, dates back to the 1800s. With a dusky-rose-to-purple exterior and smoky-sweet, deep-red flesh, it's a delectable "T" in a BLT sandwich.



**FLAMMÉ** Hailing from France, this heirloom, also known as Jaune Flammé, has a firm texture and is about the size of a golf ball. Its lovely orange skin and fruity flavor will brighten even the simplest salad.



**PINEAPPLE** A mix of pale oranges, pinks, and sometimes greens both outside and in, this stunning tomato tastes of its namesake when perfectly ripe. Try it paired with goat, Manchego, or Cheddar cheese.



**MIRABELL** These golden-yellow beauties pack a ton of tart and fruity flavor into a tiny package: They measure less than a half-inch in diameter and grow in clusters of six to eight. They'll give bruschetta a mouthwatering makeover.



**GREEN ZEBRA** A Zebra weighs about 3 ounces and resembles a tiny, round watermelon with yellow and green stripes. Its pleasant tang and lemony essence add zip to salsa verde.

—Samantha Seneviratne