

Sauteed Steelhead Steaks

3 Tbsp. olive oil
4-8 steelhead steaks, about 1 inch thick
1 cup chopped onion
2 cloves garlic, minced
1 tsp. basil
1 Tbsp. parsley
2 ripe tomatoes, peeled, seeded and chopped
½ tsp. Salt
Pepper to taste

Heat oil in good sized skillet. Add the steaks and saute for 2-4 minutes, turn and finish cooking. Remove the steaks and keep them warm. Add onions, garlic and seasonings to the skillet and cook for about 2 minutes then add the tomatoes. Arrange the steaks over the mixture, cover and cook over a medium low heat for about 10 minutes, until the fish flakes easily with a fork.

Courtesy of www.wildohio.com