

Baked Haddock or Sole

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

*1 pound haddock
1/2 green pepper
1/2 small onion
3 tablespoons chopped
parsley
4 leaves chopped basil
1/2 cup seasoned bread
crumbs
1/4 cup Locatelli or Romano
cheese
olive oil
paprika
lemon (for garnish)
fresh parsley (for garnish)*

Preheat the oven to 350 degrees.

Saute' until tender the green pepper, onion, parsley and basil.

Add the bread crumbs and cheese. Stir until well moistened.

Place the haddock on a cookie sheet. Pat the bread crumb mixture onto the haddock. Drizzle with olive oil and sprinkle paprika over the crumb mixture.

Bake for 20 minutes.

Garnish with lemon and fresh parsley.

Per Serving (excluding unknown items): 662 Calories; 5g Fat (7.3% calories from fat); 96g Protein; 52g Carbohydrate; 6g Dietary Fiber; 260mg Cholesterol; 1909mg Sodium. Exchanges: 3 Grain(Starch); 12 Lean Meat; 2 Vegetable; 1/2 Fat.