
Norwegian Haddock and Dill

Mark Stephens and Cora Stephens

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

Servings: 3

1 package frozen haddock

1/4 cup water

1/2 teaspoon salt

2 or 3 thick slices tomatoes

1/2 bunch fresh dill

2 tablespoons butter

boiled potatoes

Place the frozen haddock in a pot with water, salt, tomato slices and dill. Dot with the butter.

Cover the pot tightly. Simmer for about 1/2 hour.

Serve the dish with boiled potatoes.

Seafood

Per Serving (excluding unknown items): 86 Calories; 8g Fat (79.1% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 21mg Cholesterol; 442mg Sodium. Exchanges: 1 Vegetable; 1 1/2 Fat.