

## **Roasted Fish with Light Herb Sauce**

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**Servings: 4**

**Start to Finish Time: 25 minutes**

**4 (six ounce each) haddock fillets**

**2 teaspoons olive oil**

**1/2 teaspoon salt**

**1/2 teaspoon pepper**

**1 shallot, thinly sliced**

**1/2 teaspoon herbes de Provence OR dried rosemary, crushed**

**1 tablespoon butter**

**1/4 cup marinade for chicken**

**2 tablespoons half-and-half cream**

Preheat the oven to 460 degrees.

Place the fillets in a greased 15x10x1-inch greased baking pan. Brush with oil. Sprinkle with salt and pepper.

Bake for 14 to 18 minutes or until the fish flakes easily with a fork.

Meanwhile, in a small saucepan over medium heat, cook and stir the shallot and herbes de Provence in butter until the shallot is tender. Stir in the marinade for chicken. Cook and stir for 1 minute.

Add the cream. Cook and stir for 1 minute longer.

Spoon over the fish.

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Per Serving (excluding unknown items): 216 Calories; 7g Fat (28.3% calories from fat); 37g Protein; 1g Carbohydrate; trace Dietary Fiber; 118mg Cholesterol; 427mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 0 Vegetable; 1 Fat.