

Chardonnay Halibut with Cherry Tomatoes



Makes:

6 servings

Utensil:

Saladmaster Food Processor
12" Electric Oil Core Skillet

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Recipe:

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1 tablespoon
snipped parsley
(15
mL)
2 teaspoons
Worcestershire Sauce
(10
mL)
½ teaspoon
dried basil leaves, crushed
(2.5
mL)
2 cups
cherry tomatoes, halved
(298
g)

Directions:

1. Thaw frozen fish, if needed. Sprinkle with salt and pepper.
2. Place in shallow dish, add ⅓ cup (80 mL) of wine and let stand for 30 minutes turning once.
3. Preheat electric skillet to 275°F/135°C. Add onion and celery along with a dash or two of wine until tender. Cover to retain moisture and stir occasionally.
4. Stir in parsley, Worcestershire and basil. Cook for 2 minutes.
5. Add fish and 1 cup (240 mL) of wine. Cover and reduce heat to 220°F/104°C and cook 10 - 12 minutes.
6. Add tomatoes. Cover and cook until fish flakes easily when tested with a fork, 3 - 5 minutes.

Nutritional Information per

▼ Serving

Calories: 256
Total Fat: 4g
Saturated Fat: 1g
Cholesterol: 54mg
Sodium: 141mg
Total 7g
Carbs:
Dietary Fiber: 1g

Sugar: 2g
Protein: 36g
