

Haddock with Garden Vegetables



Makes:

4 servings

Utensil:

Saladmaster Food Processor
11" Large Skillet with Cover

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Recipe:

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1 small yellow squash, sliced, use Cone #4
3 scallions, thinly sliced
1 medium red, green or yellow bell pepper, cut into strips (or a mixture of all three)
2 cups
coarsely chopped tomatoes
(360 g)
1 small onion, strung, use Cone #2
6 fresh basil leaves, minced, or ½ teaspoon (2.5 mL) dried basil
dash of freshly ground black pepper
1 pound
haddock fillets, cut into serving size pieces
(454 g)
salt for taste

Directions:

1. Preheat skillet on medium heat. When several drops of water sprinkled on skillet skitter and dissipate, add zucchini, yellow squash, scallions, peppers, tomatoes, onions, basil and pepper. Combine.
2. Cover and cook until Vapo-Valve™ clicks. Reduce heat to low and cook 15 minutes.
3. Push vegetables to outside edge of skillet and arrange fish in single layer, spooning vegetables on top.
4. Cover and cook over low heat 6 - 10 minutes or just until the thickest part of the fillet is opaque (probe with a fork) and no longer raw-looking.

Tips:

- Haddock can be served over cooked brown rice.

Nutritional Information per

▼ Serving

Calories: 140

Total Fat: 1g

Saturated Fat: 0g
Cholesterol: 65mg
Sodium: 161mg
Total 9g
Carbs:
Dietary Fiber: 3g
Sugar: 5g
Protein: 23g
