

Herbed Cod Filet in Garlic Wine Broth



Sirve:

2 servings, as an entree

Pieza:

Saladmaster Food Processor
10" Chef's Gourmet Skillet

Valora: ★★★★★

Contribuido por:

Cathy Vogt
Certified Health Coach & Natural Foods Chef
[Agregar un Comentario](#)

Descripción de la Receta:

Individually frozen cod or halibut fish filets are a convenient and nutritious start to a quick meal. Frozen vegetables, white wine, fresh tomato and pantry seasonings complete the dish. This is a light and well balanced entrée, low in calories.

Use the 11 in. Skillet cover with your 10 in. Chef's Gourmet Skillet.

2 halibut or cod filets (4 - 5 ounces each), thawed
1 teaspoon
Italian herb blend
(2
g)
1/2 teaspoon
natural salt
(3
g)
1/4 teaspoon
fresh ground pepper
(.5
g)
1/2 cup
onions, strung, use Cone #2
(58
g)

2 cloves garlic, shredded, use Cone #1
1 large
tomato, fresh, sliced into 4 1-inch slices
 $\frac{1}{2}$ cup
white wine, dry
(120
mL)
10 ounces
frozen mixed vegetables
(284
g)
salt and pepper, to taste

Preparación :

1. Place thawed fish filets in a small dish. Season both sides with herb blend, salt and pepper.
2. Process onions and garlic directly into skillet, spreading out to cover bottom of skillet.
3. Place tomato slices on top of onions and seasoned fish on top of tomatoes.
4. Place frozen vegetables around sides and in between fish.
5. Pour wine over top of fish and vegetables.
6. Place 11 in. Skillet cover on skillet and turn heat to medium. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 10 - 14 minutes until fish is tender and flaky (this will depend on how thick the filets are).
7. Remove cover, turn heat to medium, and cook for an additional 2 - 3 minutes.
8. Serve fish warm with vegetables and a little of skillet juices poured on top. Garnish with fresh chopped scallions or parsley, if desired.

Consejos:

- Frozen vegetable blends are a great way to easily add variety to your meals. Try an Asian-style blend with snow peas, shitake mushrooms and peppers or a California blend with broccoli, cauliflower, carrots and zucchini.

Información nutricional por ración

Calorías: 330
Grasa Total: 4g
Grasa 1g
Saturada:
Colesterol: 45mg
Sodio: 734mg
Carbohidratos: 28g
Fibra 8g
Dietética:
Azúcar: 4g
Proteína: 36g