



Recipes

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ITALIAN STYLE BAKED HADDOCK

Serves: 4

Ingredients:

- 2 tsp olive oil
- 1 small onion, chopped
- ½ each red and green bell pepper, chopped
- ½ teaspoon dried basil, crumbled
- 1 - 14 & 1/2-ounce can tomatoes, drained, chopped
- Salt and pepper
- 1-1/2 pounds haddock fillets, 4 fillets
- ¼ cup grated mozzarella

Directions:

Preheat oven to 350°F. Grease 9-inch glass baking dish. Put olive oil in heavy large saucepan over medium-high heat. Add onion, bell pepper and basil and sauté until vegetables are tender, about 10 minutes. Stir in tomatoes. Season with salt and pepper and cook until sauce like, stirring constantly, about 5 minutes. Arrange fish in prepared dish. Pour sauce over. Sprinkle mozzarella. Bake until fish is cooked through, and top is golden, about 25 minutes.