

Seaside Dinner

2 med size	potatoes, peeled and sliced ¼" (2 cups)	1 tsp	dried dill weed
1 stalk	celery, diagonally sliced ¼"	¼ tsp	pepper
1 med size	green pepper strips (2x½" strips)	1 lb	sole fish fillets (fresh or frozen, thawed, drained)
1 med size	onion, sliced (¼" slices)	¼ cup	butter, stick (cut into 8 pieces)
1 tsp	salt	2 med size	tomatoes, sliced ¼" thick
1 tsp	dried basil	8	lemon wedges

Procedure

1. Heat oven to 425°. 2. In a baking dish, layer potatoes, celery, green pepper and onion, sprinkle with only ½ of the salt, basil, dill weed and pepper. 3. Place the fillets, skin side down, on top of the veggies. 4. Sprinkle with the remaining salt, basil, dill weed and pepper, dot the 8 pieces with butter. 5. Cover with aluminum foil and bake for 40 to 50 minutes of until fillets flake with a fork and veggies are crisp-tender, 6. Remove aluminum foil, top with tomato slices. 7. Continue baking 3 to 5 minutes or until tomatoes are heated through. Serve with lemon wedges.

Servings: 4

Yield: 1/4 per

Degree of Difficulty: Easy

Preparation Time: 20 minutes

Cooking Time: 45 minutes

Total Time: 1 hour and 5 minutes

Nutrition Facts

Serving size: 1/4 of a recipe (11.8 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 1500 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	303.32
Calories From Fat (81%)	246.3
% Daily Value	
Total Fat 13.61g	28%
Saturated Fat 2.94g	20%
Cholesterol 108.17mg	48%
Sodium 143.19mg	8%
Potassium 885.13mg	34%
Total Carbohydrates 14.18g	6%
Fiber 3.46g	18%
Protein 29.82g	80%

Recipe Type

Main Dish, Seafood

This recipe was downloaded (free) from www.recipesworld.org.

Feel free to pass it around to your friends.