



FISH WITH LEEKS AND SWEET PEPPERS

PREPARATION: 15 MINUTES

COOKING: 25-30 MINUTES

4 SERVINGS

INGREDIENTS

- 1 lb white fish such as haddock or cod**
- 3 tablespoons olive oil**
- 2 cups chopped leeks**
- 1 1/2 cups red bell pepper, seeded, cut into strips**
- 1/2 cup yellow or orange bell pepper, seeded and cut into strips**
- Freshly ground black pepper**
- 1 teaspoon "herbes de provence" or dried tarragon**
- 1/2 cup dry white wine**
- Zest and juice of 1 small lemon**
- 1 lemon for garnish, cut into wedges**
- 3 Tablespoons chopped parsley**

Nutrient Analysis

PER SERVING (1/4 of recipe)

Renal exchange:

3 Protein + 1 Vegetable

Calories	279 kcals
Protein	27 g
Carbohydrates	12 g
Fiber	2 g
Total Fat	12 g
Saturated Fat	1.6 g
Cholesterol	62 mg
Sodium	102 mg
Potassium	553 mg
Phosphorus	195 mg

SUGGESTION

This recipe works with various types of white fish

PREPARATION

- 1** Preheat oven to 400° F (convection) or 425° F (conventional).
- 2** Over medium-high heat sauté the cut vegetables in the oil for 5 minutes, season with pepper and herbes.
- 3** Add wine and continue cooking for 10 minutes (vegetables should be slightly coloured).
- 4** Spray a 1 1/2" deep glass or ceramic baking dish with vegetable oil and place fish on the bottom. Season fish with freshly ground black pepper and the zest from 1 lemon plus its juice.
- 5** Cover the fish with the cooked vegetable mix and bake in the middle of a preheated oven at 400° F (convection) for 10 to 15 minutes depending on the thickness of the fish. Remove and garnish with chopped parsley and lemon wedges. Serve with white rice.

Note: *Previously frozen fish may give off a lot of water while baking. If this occurs, simply pour off excess liquid before serving or transfer fish with a slotted spoon.*