

Delicate Baked Fish

Hands-on - 10 min. Oven/Exercise - 35 min. **Serves 4**

The next time you walk by the fresh seafood counter, check out their fresh trout. My dear friend, Jay Johnson, taught me that the milk in this recipe keeps the flavor delicate and mild. (Not at all fishy!) Perfect for stronger tasting fish as well as being a kids' favorite!

Menu

Delicate Baked Fish
Oven Fries
California Vegetables
9-Grain Rolls

Preheat oven to 350°.

1 bag (24 oz) Ore Ida potato wedges*

Spread out on baking sheet. Place in oven.

1½ lbs fresh cod, whitefish, perch, snapper or trout fillet

Rinse clean and place in an 8" x 8" baking dish.

1/2 lemon, squeezed (or 1 T from a bottle)

Drizzle or pour over fish in order given.

1 tsp oil (canola or olive)

1 cup skim milk

1/8 tsp salt

Sprinkle over top. Place in oven. Set timer and bake for 35 minutes.

6 grinds fresh ground pepper

3 dashes paprika

2 bags (16 oz each) frozen California blend vegetables

Place in microwave-safe dish, cover and let set in microwave.

Pop in an exercise video for 30 minutes of aerobic work. Remember to warm up.

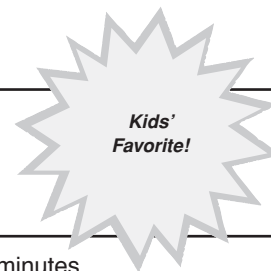
1 T water

When timer goes off, cook vegetables in microwave on high 10 minutes.

Allow fish to continue baking until microwave finishes.

Step in place for 1 minute for a cool-down. Grab 2 soup cans and do bicep curls & overhead presses. Follow with some sit-ups and 2 minutes of stretching.

Set table. When vegetables are done, it's time to eat!



**If you prefer, make homemade version of Oven Fries (page 275).*

Nutrition information for 4 oz. fish, 1 cup fries, 1½ cups vegetables

Calories	448	Fat	6 g	Fiber	9 g	Sodium	357 mg	Total Carbohydrate	57 g
Calories from Fat	12%	Saturated Fat	1.3 g	Cholesterol	74 mg	Protein	42 g	Sugars	9 g