



Baked Haddock with Sautéed Green Beans

Ingredients

- 4 tsp fresh minced garlic
- 1 tsp lemon juice
- ¼ tsp crushed red pepper, to taste
- 4 to 6 oz white wine
- 6 tbsp butter
- 4 x 4-5 oz filets of fresh haddock
- 2 cup green beans
- 2 tsp garlic powder
- ½ cup Ritz breadcrumbs

Directions

1. In a medium pan add ½ tsp garlic, 1 Tbsp butter, wine, a splash of lemon juice, and crushed red pepper and simmer for 2 to 3 minutes.
2. Add fish skin side down and flip after 1 minute. Transfer fish to baking dish and cover with breadcrumbs..
3. Bake at 425 degrees F for 5 minutes or until golden brown.
4. While the fish is baking add the rest of the garlic, garlic powder, and butter into the sauté pan with the green beans and sauté covered for 5 minutes.

Healthy Tip: If you are using canned green beans, rinse to reduce sodium!

Calories 379

Total Fat 16 g

Saturated Fat 8 g

Cholesterol 106 mg

Sodium 579 mg

Total Carbohydrate 18 g

Dietary Fiber 2 g

Sugars 3 g

Protein 27 g