

The Sea Meets The Garden For A Memorable Meal

(NAPSA)—While your grandmother may have called it “brain food,” today it’s known as a good source of heart-healthy omega-3 but the main reason to enjoy fish is its flavor. This gift from the sea is quick and simple to prepare—a plus as warmer weather tempts cooks to cut kitchen duty short.

Stuffed Fish Fillets is a healthful and delicious meal-in-one with plenty of eye-appeal. Crammed full of chopped veggies and bedded on zucchini, the surprise in the recipe is mellow, nutty Jarlsberg cheese, made from part-skim milk. Despite significantly reduced fat, this completely natural “real” cheese melts beautifully.

Stuffed Fish Fillets

- 8 small pieces fish fillet (salmon, trout, cod, perch, red snapper), about 1½ pounds
- 2 cups seasoned croutons
- 1 cup (4 ounces) shredded Jarlsberg or Jarlsberg Lite cheese
- 2 minced green onions (or scallions)
- 1 small carrot, grated
- ¾ cup *each* minced green and red peppers
- 1½ cups chicken or vegetable broth
- 2 Tbsp lemon juice
- 3 Tbsp tomato paste
- 1 Tbsp chopped fresh oregano (or equivalent dried)
- 2 Tbsp extra virgin olive oil
- 1 clove minced garlic
- 3 small zucchini, grated
- 12 thin strips Jarlsberg or Jarlsberg Lite

Preheat oven to 350° F.

Place 4 fillets in oiled baking dish. Crush croutons with rolling pin or in food processor, then mix with shredded cheese, onion, carrot and peppers. In



Fish is not just good for you—it’s delicious, especially when it’s covered in lite-but-luscious melted cheese.

separate bowl, whisk together broth, lemon juice, tomato paste and oregano, adding ½ cup liquid to crumb mixture. Spoon stuffing evenly over fillets and top with remaining four fillets.

Bake 25 to 30 minutes, basting fish with remaining liquid. While baking, heat olive oil in heavy skillet and saute garlic with zucchini, about 5 minutes. Transfer to large serving platter. A few minutes before fish is done, arrange three strips of cheese on top of each portion and bake until cheese begins to melt. Place filets over zucchini. Serves 4.

For grilling, cut zucchini in thick horizontal slices.

To grill: Place stuffed fillets in oiled baking pan (not glass) and sprinkle with minced garlic. Place pan on grill over indirect heat, cover and cook 20 minutes. Baste fish with remaining liquid, cover and cook 10 minutes or more until fish is opaque. A few minutes before fish is done, arrange strips of cheese on top and cook until cheese begins to melt. Grill zucchini until done.