

RECIPES FOR THE HEART

Easy Fish Creole

Yield: 4 servings

Take a break from all that extravagant holiday cooking and prepare something simple, but delicious.

- 4 4-ounce fish fillets
(scrod, cod, sole or flounder)
- 1 small onion, chopped
- 1/4 cup green pepper, chopped
- 10 ounces (1 1/3 cups) canned tomatoes, diced
- dash Worcestershire sauce
- dash black pepper
- 1/4 teaspoon dill weed
- 2 teaspoons flour
- 4 teaspoons tomato juice

Spray a non-stick skillet with a non-stick cooking spray. Stir-fry onion and green pepper until tender. Add tomatoes, Worcestershire sauce, black pepper and dill

weed. Cook 10 minutes. Stir in flour and tomato juice. Cook until thickened.

While sauce is cooking, broil fish about 8" from heat for about 6 minutes or until flaky.

Pour sauce over fish when served.



Nutritional analysis per serving

Calories: 133

Fat: 1 gram

Cholesterol: 14 mg

From *Low Fat and Loving It!*, by the Cleveland Clinic Department of Nutrition Services ❤️

Creole Crawfish (or Shrimp) and Corn ✓

- 1 lb. cooked crawfish or Shrimp
- 4 tbsch butter and veg oil
- 7 cups corn kernels (squeezed out)
- 2 cups chopped onions
- sugar, seafood seasoning
- 2 1/4 cups chicken stock (broth)?
- 4 tbsch margarine
- 1 cup evap. milk
- 2 eggs -

a little chopped cilantro

Method

Combine butter and oil in pan, heat and saute corn with onions. brown and cook down til sticky (abt 6 to 8 mins) add seasonings and sugar, add stock.

Whisk eggs with milk. Remove pan from heat and add egg mixture at last minute add seafood mix.