

FIVE SPICE HADDOCK

Source: Seafood - A Collection of Heart-Healthy Recipes (J. Harsila & E. Hansen)

INGREDIENTS:

1 tsp ground cinnamon
1/4 tsp ground nutmeg
1/2 tsp garlic powder
1/2 tsp paprika
1/4 tsp course ground pepper
2 TBS polyunsaturated oil
1 1/2 lbs haddock fillets
1 TBS Parsley, chopped

DIRECTIONS:

Combine spices in flat dish. Spread polyunsaturated oil over fillets & roll in spice mixture till coated evenly. Transfer fillets to baking dish & bake at 450° F, using the 1" per thickness cooking method. Garnish with parsley just before serving.

Makes 6 servings

[per serving: 120 calories; 5.5 g fat; 70 mg sodium; 80 mg cholesterol]