

## **BAKED HADDOCK WITH SWISS CHARD & TOMATOES**

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NL#4-9

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1 pound Swiss chard  
1/4 cup chicken broth, canned or homemade  
1 1/4 lb haddock fillets, cut into 2" chunks  
1/2 tsp salt  
1/4 tsp pepper  
1 TB organic extra virgin olive oil  
2 tomatoes, seeded, cubed, and drained  
1 large onion, cut into narrow wedges  
1/2 cup minced parsley  
2 TB sliced garlic  
1 tsp tarragon

Prep Time: 35 minutes

1. Preheat oven to 450°F.
2. Separate stems from Swiss chard leaves. Slice stems crosswise and set aside. Shred leaves and place in shallow 2-quart baking dish. Sprinkle broth on top.
3. Place fish on top of chard and sprinkle with 1/4 tsp of the salt and the pepper.
4. In a large nonstick skillet, heat oil over medium-high heat. Add chard stems, tomatoes, onion, parsley, garlic, tarragon, and remaining 1/4 tsp salt. Cook until onion is crisp-tender, about four minutes.
5. Spoon sautéed vegetables over fish, cover dish and bake 10 to 15 minutes, or until fish just flakes when tested with a fork.

Serves 4

### Nutrition Facts

Per serving: 222 calories, 5g total fat, 0.7g saturated fat, 2.7g monounsaturated fat, 0.7g polyunsaturated fat, 2.1g dietary fiber, 31g protein, 15g carbohydrate, 81mg cholesterol, 685mg sodium

Good source of: iron, vitamin B12, potassium, magnesium, selenium, beta-carotene, lutein & zeaxanthin, vitamin C