



Baked Haddock on Celery Puree

Ingredients:

- 2 lbs. haddock fillets
- 7 cups celery root diced ¼" thick
- 2 tbsp lemon juice
- 1 cup green onions chopped fine
- 3 tbsp parsley chopped fine
- 3 tbsp olive oil
- 1 tbsp seasoning of your choice (possible steak seasoning phase 1 approved)

Directions:

1. Preheat oven to 350°F.
2. Place all ingredients in blender to puree.
3. Pour puree over fish.
4. Bake for about 25 minutes, or until cooked all the way through.

Servings: makes 4 servings

Each serving = 4 oz lean protein, 2 cups select vegetables, 2 servings healthy fat.

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