

Elissa: Cod or Not



FAST & HEALTHY **Ready-to-go sheet pan supper**

Crumb-Topped Baked Cod

A 3-ingredient topping of buttery seasoned breadcrumbs guarantees this dish bakes up easy and delicious.

- 1½ lbs. Yukon Gold potatoes, cut into 1" pieces
- 2 red peppers, quartered, seeded, cut into 1"-wide strips
- 1 medium red onion, halved, cut into ½"-thick wedges
- 6 Tbs. olive oil
- ¼ tsp. salt
- ¾ cup seasoned Italian-style dry breadcrumbs
- ¼ cup grated Parmesan cheese
- 6 (4–5 oz.) cod fillets
- 6 tsp. Dijon mustard
- Fresh thyme

- Heat oven to 400°F. On rimmed baking sheet, toss potatoes, peppers, onion, 2 Tbs. oil and salt until evenly coated. Roast 20 min.
- Stir together breadcrumbs, Parmesan and remaining 4 Tbs. oil. Brush each cod fillet with 1 tsp. mustard.
- Place cod on top of vegetables; top each fillet with about 3 Tbs. breadcrumb mixture. Roast until cod starts to flake and is opaque in thickest part and topping is browned, 10–15 min. Sprinkle with thyme.

Servings: 6. Active time: 25 min. Total time: 1 hr.
Calories: 423 Protein: 25g Fat: 17g (3g sat.) Chol.: 46mg Carbs.: 44g Sodium: 1,097mg Fiber: 4g Sugar: 4g

2/15/21 • Woman's World

Judy: "This is ready to have half and half added."



Judy: "Was very good. Will confess at meeting."

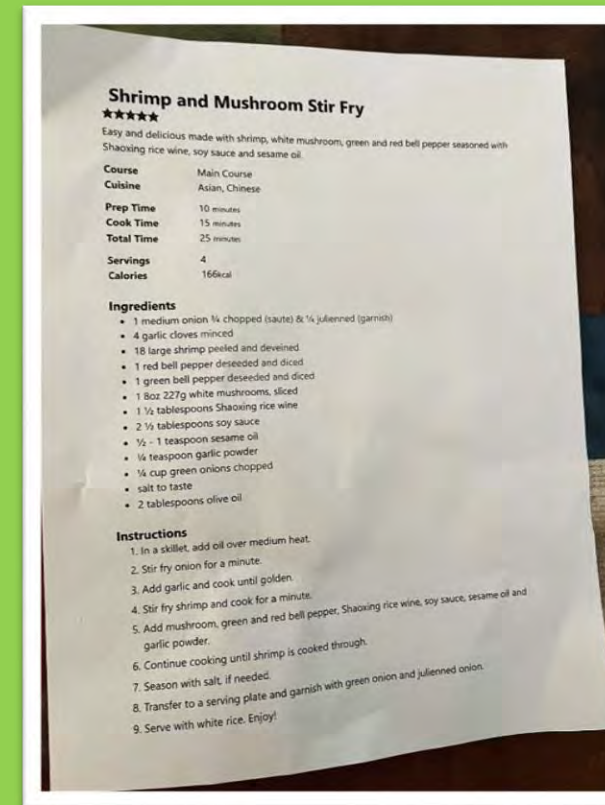


Judy: Panfish Chowder Recipe

Panfish Chowder

6 strips bacon, cut to 1-inch pieces
(I used Bacon Bits 1 ½ tablespoons)
2/3 cup chopped onion
½ cup chopped celery
3 medium potatoes peeled and cubed
2 cups water (need about 3 cups)
½ cup chopped carrots
2 tablespoon minced fresh parsley
(I used 2 tablespoons basil)
1 tablespoon lemon juice
½ teaspoon dill weed
¼ teaspoon garlic salt
1/8 teaspoon pepper
1 pound panfish fillets cut into 1-inch cubes
(I used 11/2 pound cooked cut up chicken)
1 cup half-and-half cream
In 3-quart saucepan cook bacon until crisp.
Remove bacon and set aside; discard all but 2
tablespoons of drippings. Sauté onion and celery in
drippings until tender. Add next eight ingredients.
Simmer until all vegetables are tender, about 30 minutes.
Add fish (chicken) and bacon(or bits) simmer for another
5 minutes or until fish flakes or chicken breaks up with a
fork. Add cream and heat through.
Yield 4-6 servings.

Sandy: Vigo Rice Package



Gladys: Scallops with Garlic, Spinach, and Mushrooms



Pan-Seared Scallops with Spinach-Mushroom Sauté

Pan-searing scallops is a great way to cook them quickly to keep them succulent while creating a golden brown crust. I love pairing this delicately sweet seafood with wild shiitake mushrooms and tender baby spinach for a complete and satisfying meal.

INGREDIENTS

- 1 Tbsp olive oil
- 2 lb sea scallops, patted dry
- Salt and freshly ground black pepper
- 2 garlic cloves, minced
- 2 cup sliced shiitake mushrooms
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 10- oz package baby spinach leaves
- $\frac{1}{4}$ cup vermouth or dry white wine or reduced-sodium chicken broth

DIRECTIONS

1. Heat the oil in a large skillet over medium-high heat. Season both sides of the scallops with salt and pepper and add to the hot pan. Sear for 1 minute per side, or until golden brown. Remove the scallops from the pan and set aside.
2. To the same pan over medium-high heat, add the garlic. Cook for 1 minute. Add the mushrooms and cook for 3 to 5 minutes, until the mushrooms soften and release their juice. Add the oregano and thyme and cook for 1 minute, or until the herbs are fragrant. Add the spinach and vermouth and cook for 30 seconds, or until the spinach leaves just begin to wilt.
3. Return the scallops to the pan, nestled into the spinach and mushrooms, and cook for 3 more minutes, or until the scallops are opaque and cooked through. Serve scallops with the mushrooms and spinach.
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KITCHEN COUNTER

Makes 4.

Gladys: Haddock Medallions with Garlic Sauce



Haddock Medallions with Garlic Sauce

- 2 packages (1 pound each) frozen haddock fillets, thawed and well drained
 - 1 t salt
 - ¼ t fresh ground pepper
 - ¾ c butter, divided
 - 2 large cloves garlic, crushed
 - 2 T minced parsley
 - lemon wedges
 - hot cooked noodles or rice
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- Separate fillets, cut in 1-inch pieces and sprinkle with salt and pepper.
 - In large skillet sauté half the fish in ¼ c butter until fish flakes easily with fork, about 3 to 5 minutes, turning carefully with wide spatula.
 - Remove to heated serving platter and keep warm.
 - Sauté remaining fish and remove to serving platter.
 - Melt remaining ½ c butter in same skillet and stir in garlic; pour over fish.
 - Sprinkle with parsley, garnish with lemon, and serve at once with noodles.
 - Makes 4 to 6 servings.