

ROASTED FISH WITH PEPPERS

Culinary Intro:	This delicious dish is easy and requires little clean up. Great for a busy weeknight!
Nutrition Intro:	Practical recipe, loaded with good-for-you vitamins, minerals and protein.

<p>Prep Time: 40 minutes Ingredients for 4 servings: Each serving = 4 ounces of fish Cost per serving=\$1.88</p> <ul style="list-style-type: none"> • 1 pound white fish, such as cod, halibut, or tilapia • ¼ teaspoon salt • freshly ground black pepper, to taste • 1 Tablespoon extra-virgin olive oil, divided • ½ red bell pepper, thinly sliced • ½ green bell pepper, thinly sliced • 2 cloves garlic, thinly sliced • 1 Tablespoon capers • 1 lemon • 1 small bunch parsley <p>Steps:</p> <ol style="list-style-type: none"> 1. Preheat oven to 400°F. Season the fish with salt and pepper. Set aside. 2. Toss the slices of pepper and garlic with ½ Tablespoon olive oil. Lay on a sheet pan, allowing enough room in between each slice so that they are able to brown and soften. Roast for 10 minutes. 3. Remove the sheet pan from the oven. Scrape the peppers to the edges of the pan, leaving some space for the fish to lie. Drizzle the fish with the other ½ Tablespoon of olive oil and scatter the capers on top. Roast for another 10 minutes, or until fish is flaky and opaque. 4. Remove from the oven and squeeze fresh lemon juice on top of fish. Chop a handful of parsley and spread on top. 5. Serve the fish with peppers over rice and a green salad. 	Culinary/ Nutrition Notes for Demo:	
	1	<p>Culinary:</p> <ul style="list-style-type: none"> • be food safe when working with raw fish; keep chilled and separate from vegetables • it is okay to leave fish out at room temperature while the peppers roast • salmon would also be a great alternative, but may require more cooking time, depending on the thickness of the fish <p>Nutrition:</p> <ul style="list-style-type: none"> • The type of omega-3 fatty acids (DHA) found some types of fish for example salmon, are beneficial to boost memory and brain performance. • The recommended intake is 6-ounce servings of fish per week. (3oz= roughly the size of your palm). • You can find salmon fresh or canned.
	2	<p>Culinary:</p> <ul style="list-style-type: none"> • add other vegetables, such as sliced onion, asparagus spears, broccoli florets, thin rounds of zucchini • make sure there is enough room in between the vegetables so that they brown and soften <p>Nutrition:</p> <ul style="list-style-type: none"> • Adding a variety of colorful veggies adds nutrients to the recipe; try to include as many colors as possible. Each color represents a family with health promoting properties.
	3	<p>Culinary:</p> <ul style="list-style-type: none"> • instead of capers, try adding some sliced olives or omit all together • brininess of capers pairs well with the mild flavor of the fish • fish will be done when flaky and opaque <p>Nutrition:</p> <ul style="list-style-type: none"> • Olives have monounsaturated fatty acids, which are heart-healthy oils.
4	<p>Culinary:</p> <ul style="list-style-type: none"> • lemon is a great pairing for seafood and works well with the other ingredients • parsley adds brightness and a pop of green color that enhances the overall presentation of the dish <p>Nutrition:</p> <ul style="list-style-type: none"> • Adding fresh herbs, spices and aromatics enhances flavor without adding to much sodium or fat. 	

<p>Nutrition Facts Serving Size 4 ounces fish (176g) Servings Per Container 4</p> <hr/> <p>Amount Per Serving</p> <p>Calories 200 Calories from Fat 90</p> <hr/> <p style="text-align: right;">% Daily Value*</p> <p>Total Fat 10g 15% Saturated Fat 1.5g 8% Trans Fat 0g</p> <p>Cholesterol 70mg 23% Sodium 260mg 11% Total Carbohydrate 4g 1% Dietary Fiber 1g 4% Sugars 2g</p> <hr/> <p>Protein 22g</p> <hr/> <p>Vitamin A 20% • Vitamin C 80% Calcium 4% • Iron 4%</p> <p><small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small></p> <table border="0"> <tr> <td></td> <td>Calories:</td> <td>2,000</td> <td>2,500</td> </tr> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </table> <p><small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small></p>		Calories:	2,000	2,500	Total Fat	Less than	65g	80g	Saturated Fat	Less than	20g	25g	Cholesterol	Less than	300mg	300mg	Sodium	Less than	2,400mg	2,400mg	Total Carbohydrate		300g	375g	Dietary Fiber		25g	30g	<p>5</p>	<p>Culinary:</p> <ul style="list-style-type: none"> mashed sweet potatoes or cauliflower would be a nice way to serve the fish as well <p>Nutrition:</p> <ul style="list-style-type: none"> Cauliflower is loaded with nutrients and has a low glycemic index, due to its low-sugar and high-fiber content.
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Clean-up/Review comments

Culinary:
 A quick recipe that produces a beautiful product. Also great for leftovers! Just reheat and enjoy.

Nutrition:
 Add any veggies available at home, for more visual appeal and nutrients.

Materials	Shopping List	Qty.
<ol style="list-style-type: none"> 1. 1 cutting board 2. 1 cutting board for raw fish 3. 1 Chef's knife 4. 1 bowl for trash 5. 1 plate for presentation 6. mise en place bowls 7. silicone spatula 8. electric skillet or oven 9. sheet pan (if using oven) 10. oven mitt 11. measuring cups 12. measuring spoons 13. paper plates/ cups/ soufflé cups 14. paper towels 15. tablecloth 16. kitchen towel 17. gloves 18. copies of recipe 	<p>Produce</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 red bell pepper <input type="checkbox"/> 1 green bell pepper <input type="checkbox"/> 1 head garlic <input type="checkbox"/> 2 lemons <input type="checkbox"/> 1 bunch parsley 	
	<p>Meats</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 pound white fish, such as cod, halibut, or tilapia 	
	<p>Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 small jar capers <input type="checkbox"/> extra-virgin olive oil <input type="checkbox"/> salt, black pepper 	
	<p>Paper Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> paper plates, napkins, forks, paper towels 	
<p>Prepping for demo:</p> <ul style="list-style-type: none"> • Shop for ingredients/ Ensure all ingredients are available • Rinse & dry produce; Store fish over ice • Prep & store for demo as requested in recipe • Label all mise en place items • Make sure to leave a portion of the produce intact for demo purposes • If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time • Ensure all equipment is in place and set up table with a tablecloth • Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe <p>Estimated time for preparation: 1 hour</p>		