

PREPARATION: 20 MINUTES

COOKING: 25-30 MINUTES

SERVINGS: 4

FISH WITH LEEK AND SWEET PEPPERS



Nutrient Analysis

PER SERVING: ¼ of recipe

RENAL EXCHANGE: 3 Meat + 1 High Potassium Vegetable

Calories	194 Kcal	Sodium	75 mg
Protein	22 g	Potassium	632 mg
Total Carbohydrate	11 g	Phosphorus	267 mg
Fiber	2 g	Calcium	60 mg
Sugars	5 g	Iron	2 mg
Fat	4 g	Magnesium	61 mg
Saturated	1 g	Vitamin C	82 mg
Cholesterol	49 mg		

Diet Types

- CKD Non-Dialysis
 Dialysis/Diabetes
 Dialysis
 Transplant

FISH WITH LEEKS AND SWEET PEPPERS

INGREDIENTS

1 lb white fish such as Atlantic cod

3 tablespoons olive oil

2 cups chopped leeks

1½ cups red bell pepper, seeded,
cut into strips

½ cup yellow or orange bell pepper,
seeded and cut into strips

Freshly ground black pepper

1 teaspoon “herbes de provence”
or dried tarragon



½ cup dry white wine

Zest and juice of 1 small lemon

1 lemon for garnish, cut into wedges

3 tablespoons chopped parsley

PREPARATION

- 1 Preheat oven to 425°F (conventional oven).
- 2 Over medium-high heat sauté the cut vegetables in the oil for 5 minutes, season with pepper and herbs.
- 3 Add wine and continue cooking for 10 minutes (vegetables should be slightly colored).
- 4 Spray a 1½" deep glass or ceramic baking dish with vegetable oil and place fish on the bottom. Season fish with freshly ground black pepper and the zest from 1 lemon plus its juice.
- 5 Cover the fish with the cooked vegetable mix and bake in the middle of a preheated oven at 425°F for 10–15 minutes depending on the thickness of the fish.
- 6 Remove and garnish with chopped parsley and lemon wedges. Serve with white rice.

SUGGESTION

- ✓ *This recipe works with various types of white fish.*

NOTE

- ✓ *Previously frozen fish may give off a lot of water while baking. If this occurs, simply pour off excess liquid before serving or transfer fish with a slotted spoon.*

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