

CAPE SHARK WITH RATATOUILLE *and Brown Rice*



INGREDIENTS

5 lb	Cape shark steaks
1 1/4 lb	Zucchini (chopped)
1 1/4 lb	Summer squash (chopped)
1 1/4 lb	Tomatoes (diced)
1 1/4 lb	Eggplant (cubed)
3 oz	Garlic cloves (minced)
1 oz	Basil (fresh)
1 tsp	Black pepper
2 tsp	Olive oil
3 3/4 qt	Brown rice
20 svg	Garden salad

(See back)

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Prepare brown rice according to package directions. Set aside and keep warm for serving.
3. Prepare garden salad. Set aside.
4. Medium dice all 4 vegetables and chop garlic. Set aside.
5. Cut basil leaves into fine strips. Set aside.
6. Heat a pan with olive oil on medium heat. Add vegetables and garlic. Cook to reduce liquid, stirring occasionally.
7. While the vegetables are cooking, lay out the fish on a pan sprayed with non-stick spray and sprinkle with a pinch of the black pepper.
8. Bake for 20 minutes or until internal temperature reaches 145°F.
9. A few minutes before the fish is done, season the vegetables with the basil and remainder of the black pepper.
10. For each individual portion, spoon ratatouille over fish. Serve with 3/4 cup of brown rice and 1 cup of garden salad.

NUTRITION

Calories:	330
Sodium:	115 mg
Trans Fat:	0 g
% Calories from Saturated Fat:	3%

