

Steamed Fish and Vegetables

Makes 4 Servings

Ingredients

- 4 (4-ounce) whiting fish fillets, catfish fillets or pollock fillets
- Salt and pepper, to taste
- 4 cups fresh or frozen broccoli pieces
- 2 carrots, cut into circles or 1 1/2 cups frozen carrots
- 2 teaspoons chopped fresh parsley or 1 teaspoon dried parsley (optional)
- 1 lemon, cut into wedges

Directions

1. Place fish on a microwave-safe plate. Season with salt and pepper. Cover with plastic wrap, and microwave on high for 3 to 5 minutes until meat thermometer reads 145 degrees (fish should be firm). Set aside.
2. In a microwave-safe bowl, add broccoli, carrots and 1 tablespoon of water. Season with salt and pepper to taste. Microwave on high for 4 to 5 minutes until soft. Top vegetables and fish with parsley (if using). Serve with lemon wedges and enjoy.



Recipe from: Feeding Pennsylvania and PA Eats