



### **Haddock Bake with Mushrooms and Scallions**

This is a low fat and revised version of a Mushroom, Cheese and Haddock Bake recipe. The flavors are great and they go well with the blandness of Haddock.

#### Ingredients

1 Tablespoon olive oil  
1 bunch scallions, chopped  
12 ounces crimini mushrooms, cleaned, and sliced thin  
2 pounds haddock fillets (skin removed)  
Salt, pepper and Herbamare to taste  
3 cloves garlic chopped finely  
2 jalapeno pepper (finely diced, discard seeds)  
2 tablespoons fresh parsley  
½ cup shredded low fat Colby-Monterey Jack cheese  
½ -1 teaspoon chili powder

#### Directions:

Preheat oven to 350 degrees. Spray a 9x13 inch baking pan with olive oil.

Heat olive oil in a skillet over medium-high heat, add garlic, scallions, jalapeno peppers, and mushrooms; cook and stir until tender, about 5 minutes. Season haddock with salt, pepper and chili powder. Place in baking dish. Top with scallions, mushroom mixture. Sprinkle parsley on top.

Cover with foil and bake in preheated oven for 15 minutes. Remove foil and top haddock with cheese and return to the oven. Continue baking until the fish flakes easily with a fork and the cheese is melted. Approximately 15-20 minutes.