



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

April 14th, 2015 Cooking Class

Featuring

Brenden Haggerty

From The Whole Hog Food Truck

**Broiled Fish with
Compound Butter**
Serves 4

Ingredients:

4 6-oz. portions mild white fish (cod, halibut, tilapia, flounder, etc.)

Compound Butter

- ¼ lb. unsalted butter, softened
- A few sprigs fresh basil, chopped
- Good handful parsley, chopped
- 1 tomato, chopped
- 1 small hot pepper, chopped
- 1 lemon
- Salt and pepper to taste

Nutrition Facts	
Serving Size: 1 serving (198.3g)	
Servings: 4	
Amount Per Serving	
Calories 210	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 6g	29%
Trans Fat 0g	
Cholesterol 95mg	31%
Sodium 95mg	4%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	1%
Sugars less than 1g	
Protein 31g	
Vitamin A 15%	• Vitamin C 30%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Directions:

- 1) Place fish filets on baking tray and pat them dry with a towel. Set aside. In a small bowl, mix butter, basil, parsley, tomato, and hot pepper. Zest the lemon into the butter mixture and add the juice from the lemon. Stir to combine and add salt and pepper to taste.
- 2) Broil fish or bake in a 450 degree oven for about 5 minutes, or until fish is cooked through. Serve fish on a bed of quinoa.

