

**RECIPE FILE**

**Get that just-picked flavour from canned vegetables**

Today's family meals call for taste, convenience and nutrition. This recipe for Fish and Vegetable Bake from the Canned Food Council proves that you can fix great tasting, nutritious dinners in no

time. Food canners have improved the taste and texture of vegetables to be canned with new and better varieties of seeds. In addition, fresh ripe summer vegetables are har-

vested at the peak of perfection and canned within hours.

Canning helps preserve that "just-picked" flavour while locking in taste, texture and nutrients. Contrary to consumer belief, canned vegetables do not contain additives or preservatives.

For example, by federal law, the use of color is prohibited and the only "additions" are sugar and/or salt in the same amounts that you would add if you were cooking vegetables at home.

"No salt added" canned vegetable products are available for people who watch their sodium intake.

**Fish and vegetable bake**

- 1 lb (500 g) frozen block fish fillets (such as cod, haddock, sole);
  - 1 can (19 oz/540 ml) Canada Choice stewed tomatoes;
  - 1 can (14 oz/398 ml) Canada Fancy cut green beans, drained;
  - 1/2 tsp (2 ml) dried basil;
  - 1/2 tsp (2 ml) salt;
  - 1/4 tsp (1 ml) dried oregano;
  - 1/4 tsp (1 ml) pepper;
  - 1/4 tsp (1 ml) garlic powder;
  - 1 cup (250 ml) shredded mozzarella cheese (optional);
- Preheat oven to 450 (230 C). Place frozen fish in shallow baking dish. In small bowl, combine

stewed tomatoes, green beans, basil, salt, oregano, pepper and garlic powder. Spoon over fish. Bake uncovered for 30 to 35 minutes or until fish flakes easily when pierced with a fork. Sprinkle with cheese during last 5 minutes of baking, if

desired. Serve with rice or potatoes, add sauce as desired.

Makes 4 servings.  
Preparation Time: 5 minutes.  
Cooking Time: 30-35 minutes.  
Excellent Source: Niacin/Good Source: Vitamin A, Iron



This healthful vegetable-topped fish dish can be on your table in minutes when you use the frozen brick as is.



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