
Scrod, Harvest Style

Stephanie Brenner - New York

North American Potpourri - Autism Directory Service, Inc - 1993

2 teaspoons white wine
2 teaspoons vinegar
2 teaspoons olive oil
1 tablespoon lemon juice
1 tablespoon finely chopped parsley
salt (to taste)
pepper (to taste)
4 medium potatoes, peeled
1 tablespoon margarine
1/4 pound mushrooms
dash paprika
1 cup cooked scrod in chunks
chopped walnuts

In a bowl, combine the wine, vinegar, olive oil, lemon juice, parsley, salt and pepper.

In a saucepan, boil the potatoes until tender. Drain. Cut and dice. Pour the dressing over them.

In a skillet, saute' the margarine lightly. Sprinkle with paprika and let cool. Mix with the fish.

Add the mushrooms to the potatoes. Add the fish and toss.

Garnish with chopped walnuts.

Seafood

Per Serving (excluding unknown items): 606 Calories; 21g Fat (30.8% calories from fat); 13g Protein; 95g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 168mg Sodium. Exchanges: 6 Grain(Starch); 1 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates.