

Baked Stuffed Haddock

Gloria Growhoski Poirier

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*3 pounds fresh haddock or
pollack*

1 box milk crackers

*1 package fresh
mushrooms*

1/4 cup dried parsley

1 teaspoon marjoram

1 teaspoon thyme

grated Parmesan cheese

1 stick margarine

In a ten-inch skillet, melt the margarine. Add the cut up mushrooms and parsley. Simmer.

Crush one-half box of the milk crackers with a rolling pin (do not use a blender). Place the crackers in a bowl. Add the marjoram and thyme. Mix.

Grease a 12x8x2-inch baking dish.

Wash the fish in cold water. Dry with paper towels. Arrange the fish in the baking dish so that the bottom of the fish is down.

Add the mushroom mixture to the bowl with the crackers. Mix well. Place the stuffing mixture over the top of the fish in the baking dish. Sprinkle lightly with the remaining cracker crumbs and the grated Parmesan cheese.

Bake in the oven at 425 degrees for about 20 minutes.

Per Serving (excluding unknown items): 836 Calories; 91g Fat (96.0% calories from fat); 3g Protein; 6g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 1091mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 18 Fat.