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# Haddock with Mushrooms and Spinach

*Connie dougherty - Georgia*

*North American Potpourri - Autism Directory Service, Inc - 1993*

Servings: 6

**2 pounds fresh or frozen haddock fillets**  
**1 medium onion, sliced**  
**4 tablespoons butter or margarine**  
**3 cups sliced mushrooms**  
**4 cups fresh spinach**  
**1/2 teaspoon salt**  
**1/4 teaspoon dried thyme**  
**dash lemon pepper**  
**1/3 cup dry white wine**  
**2 tablespoons cornstarch**  
**1/2 teaspoon salt**  
**1/4 cup water**  
**6 lemon wedges**

Thaw the fish if frozen. In a medium skillet, cook the onion in two tablespoons of butter until tender but not brown. Add the spinach, mushrooms and haddock fillets. Dot the fish with the remaining two tablespoons of butter.

Sprinkle with 1/2 teaspoon of salt, the thyme and lemon pepper. Add the wine. Cover and cook over low heat until the fish flakes easily, about 15 minutes. Remove the fish to a platter; keep warm.

In a bowl, combine the cornstarch, salt and water. Stir into the mixture in the skillet. Cook and stir until thickened and bubbly.

Turn the spinach mixture onto a serving plate. Top with the fish fillets. Garnish with lemon wedges.

## **Seafood**

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*Per Serving (excluding unknown items): 108 Calories; 8g Fat (66.7% calories from fat); 2g Protein; 7g Carbohydrate; 1g Dietary Fiber; 21mg Cholesterol; 453mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fruit; 1 1/2 Fat.*