



EASY FISH STEW

Advanced Lifestyle

Ingredients

- 1 TBS olive oil
- 1 cup chopped onion
- 1/4 minced celery
- 1 TSP chili powder
- 2 cups water
- 1-1/2 cups frozen whole-kernel corn, thawed
- 1 TBS Worcestershire sauce
- 3/4 TSP Morton's "lite" salt
- 1 (14.5 oz) can no-salt-added diced tomatoes, undrained
- 1 lb. cod or other lean white fish fillets, cut into bite-size pieces
- 1/4 cup minced fresh parsley

Instructions

1. Heat olive oil in a Dutch oven over medium-high heat. Add chopped onion, celery and chili powder. Sauté 3 minutes or until tender.
2. Stir in water and next 4 ingredients (water through tomatoes). Cook 10 minutes.
3. Add fish. Cook 3 minutes or until fish is done. Stir in parsley.

Portion-Per-Serving Information: (Yields 6 servings)

Serving = 1 cup = 1/2 P, 1/2 V, 1 G