CAPE SHARK WITH RATATOUILLE and Brown Rice

INGREDIENTS

- 5 lb Cape shark steaks
- 1 1/4 lb Zucchini (chopped)
- 1 1/4 lb Summer squash (chopped)
- 1 1/4 lb Tomatoes (diced)
- 1 1/4 lb Eggplant (cubed)
- 3 oz Garlic cloves (minced)
- 1 oz Basil (fresh)
- 1 tsp Black pepper
- 2 tsp Olive oil
- 3 3/4 qt Brown rice
- 20 svg Garden salad

NUTRITION

- Calories: 330
- Sodium: 115 mg
- Trans Fat: 0 g
- % Calories from Saturated Fat: 3%

Number of Servings: 20 (487 g per serving)
Recipe courtesy of Pen Bay Medical Center

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Prepare brown rice according to package directions. Set aside and keep warm for serving.
4. Medium dice all 4 vegetables and chop garlic. Set aside.
5. Cut basil leaves into fine strips. Set aside.
6. Heat a pan with olive oil on medium heat. Add vegetables and garlic. Cook to reduce liquid, stirring occasionally.
7. While the vegetables are cooking, lay out the fish on a pan sprayed with non-stick spray and sprinkle with a pinch of the black pepper.
8. Bake for 20 minutes or until internal temperature reaches 145°F.
9. A few minutes before the fish is done, season the vegetables with the basil and remainder of the black pepper.
10. For each individual portion, spoon ratatouille over fish. Serve with 3/4 cup of brown rice and 1 cup of garden salad.