



Oven Roasted Red Fish with Asparagus and Summer Squash

- 2 - 6oz filets of red fish, snapper or any firm flesh white fish*
- ½ cup fresh salsa, store bought or home made
- ¼ cup seasoned bread crumbs (whole wheat preferred)
- 2 teaspoons olive oil
- salt and pepper
- 1 lb fresh asparagus, ends trimmed
- 1 large summer squash cut into thin circles

Preheat oven to 450 degrees

- 1) Line a cookie sheet with parchment paper (available in most supermarkets next to the aluminum foil and plastic wrap).
- 2) Arrange fish on parchment.
- 3) Lay asparagus and summer squash next to fish
- 4) Sprinkle filets, asparagus and summer squash with olive oil, salt and pepper.
- 5) Divide salsa between fish, spoon salsa on top of fish.
- 6) Divide bread crumbs and Sprinkle on top of salsa
- 7) Bake for 10 to 12 minutes depending on the thickness of the fish.

Serves 2

* Chef Laure Tip: Always ask to smell the fish before you buy it, it should not smell fishy at all. If it smells like bleach, drop it and run!