

## Baked Fish with Herbs

*A great fish recipe that even your kids will love! Serve with baked potatoes, steamed broccoli and a big salad.*

Serves: 6

### Ingredients

- 3 tablespoons celery, chopped
- 1/3 cup onion, chopped
- 3 tablespoons red bell pepper, chopped
- 3 tablespoons butter
- 3 tablespoons whole wheat flour
- salt & pepper to taste
- 3/4 teaspoon dried tarragon
- 1 1/2 teaspoons dried basil
- 3/4 cup milk
- 1 cup shredded mozzarella cheese
- 6 halibut fillets (or other firm white fish, fresh or frozen)

### Directions

1. In a medium skillet, sauté the celery, onions and red bell pepper in butter until tender.
2. Add the flour, salt, pepper, tarragon, basil and milk. Mix well.
3. Cook for 1 minute, stirring constantly until thickened.
4. Add the cheese and stir until melted. Do not boil.
5. Place the fish in a baking dish. Spoon the sauce evenly over the fish.
6. Bake at 425 degrees for 8 to 10 minutes or until the fish flakes easily when tested with a fork.

