

DAY 2 RECIPES

Baked Fish *Makes 4—3 ounce servings*

1 pound fish fillets, fresh or frozen
1/4 teaspoon salt
1/8 teaspoon black pepper
1 Tablespoon soft margarine
1 Tablespoon lemon juice
1 teaspoon grated onion
Paprika if desired

1. If using frozen fish, thaw in refrigerator according to package directions.
2. Preheat oven to 350 degrees.
3. Sprinkle both sides of fish with salt and pepper.
4. Mix soft margarine, lemon juice and onion.
5. Arrange fish in ungreased square pan.
6. Pour margarine mixture over fish.
7. Bake until fish flakes easily with a fork, about 20 to 25 minutes.
8. Sprinkle with paprika if desired before serving.

Cuban Beans *Makes 4—1/2 cup servings*

1 teaspoon olive oil
1 Tablespoon minced garlic
1 cup chopped onion
1 cup diced green bell pepper
3 cups black beans, cooked
2 cups chicken broth, low sodium
1 Tablespoon vinegar
1/2 teaspoon dried oregano
Black pepper to taste



1. Heat the olive oil in a large nonstick skillet. Sauté the garlic, onion, and green pepper until golden, about 3 minutes.
2. Stir in the beans, broth, vinegar, and seasoning, bring to a boil then lower to a simmer; cook covered for 5 minutes.
3. Serve over cooked rice.