

Olive Tapenade Baked Haddock

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Recipe type: **Phase 1 • Entrees**

Prep time: 10 mins Cook time: 20 mins Total time: 30 mins

Serves: 4

Ingredients

- 1 lb. skinless haddock fillet, cut in four pieces
- ½ teaspoon each, salt and garlic powder
- 1 teaspoon mustard or ½ teaspoon mustard powder
- 2 teaspoons extra virgin olive oil
- 16 large pitted green olives
- ½ teaspoon freshly chopped oregano*
- ½ teaspoon freshly chopped lemon thyme**

Instructions

1. Preheat the oven to 425°.
2. Place the fish on a baking dish and sprinkle with salt, garlic powder and mustard powder.
3. Drizzle olive oil over each fillet.
4. Place the olives and herbs in the bowl of a food processor fitted with a steel blade.
5. Pulse 5 or 6 times until evenly chopped.
6. Spread the chopped olives evenly over the fish fillets.
7. Bake for 18-20 minutes or until fish flakes easily with a fork.

Notes

* ⅓ teaspoon dried oregano[br]** ¼ dried thyme

Recipe by Recipes For Repair at <http://recipesforrepair.com/recipes/olive-tapenade-baked-haddock/>