

FISH N' CHIPS WITH MUSHY PEAS

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Ingredients

Fish Fillets

- 8 Fish Fillets

Mushy Peas

- - 15 oz. Can Sweet Peas, drained
- Salt and Black Pepper

"Chips"

- 3 Large Baking Potatoes, cut into 1/4-inch-thick matchsticks
- 2 Tablespoons Oil
- Salt

Directions

Fish Fillets

1. Follow directions according to box.

Mushy Peas

1. Place sweet peas into a large saucepan and cover with cold water. Bring to a boil.
2. Lower the heat and simmer for 5-10 minutes or until the peas have softened and turned mushy.
3. Drain any excess liquid.
4. Mash sweet peas into desired consistency. Season with salt and pepper to taste.

"Chips"

1. Preheat the oven to 450 degrees.
2. In a large bowl, toss the potatoes with the oil and 1/2 teaspoon salt.
3. Coat a baking sheet with a thin layer of oil and spread the potatoes in a single layer.
4. Bake until golden and crisp, about 35 minutes.
5. Remove the fries with a spatula and season with salt.

Nutrition Fun Facts

Fish is a good source of protein and omega-3 fats, which is important for making hormones that regulate blood clotting, inflammation, decreasing the risk of cardiovascular disease and stroke. This meal also provides a good source of fiber, vitamins, and minerals.