

## **Low-Point Baked Haddock with Sautéed Bacon Brussels Sprouts**

### Ingredients:

- 4, 4 oz. skinless, Haddock filets
- Salt-free lemon and pepper seasoning (I used McCormick)
- Fresh basil, chopped
- 3 strips of bacon
- 1 tomato, chopped
- 2 Tbs onion, diced
- 2 tsp. garlic, minced
- 1 carrot, thinly sliced
- 1 pound fresh brussels sprouts
- 1 Tbs plus 2 tsp. olive oil (divided)
- salt and pepper, to taste

Preheat oven or grill to 400 degrees. Place one fish filet on a separate piece of aluminum foil. Season each with the lemon and pepper seasoning, add 1/2 tsp. of olive oil on each filet, and sprinkle with fresh basil. Wrap fish in foil and bake or grill for 8 to 10 minutes, turning over once after 4 minutes. Meanwhile, fry bacon until crisp. Remove bacon to plate, leaving hot bacon grease in skillet. Add tomatoes, onions, garlic, and carrots to skillet and sauté for 2 minutes before adding brussels sprouts, 1 Tbs olive oil, salt and pepper, and crumbled bacon strips . Turn heat to low and cover, stirring frequently until brussels sprouts are tender but not mushy. Dish one cup of brussels sprout sauté to a plate and place one piece of fish on top. Enjoy!

Total servings - 4

Serving size - 1, 4 oz. fish with 1 cup brussels sprout sauté

Points per serving - 5

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"Faith is knowledge within the heart, beyond the reach of proof."  
- Khalil Gibran***