

St. Peter's Fish Casserole

Submitted by Stephanie Gianaris

(In heavy bottom sauté pan)

Sauté 1/2-pound raw fish in 2 Tbsp vegetable broth until fish flakes easily with fork; cooked weight will be about 6 ounces (or 6 ounces canned tuna, drained).

In large pot boil 8 oz. penne pasta until tender; drain.

While fish and pasta are cooking:

(In 2-quart, heavy bottomed saucepan)

Mix until smooth:

3 Tbsp flour
1/2 cup vegetable broth

Heat on low heat until mixture just begins to bubble. Remove from heat.

Slowly add:

1-1/2 cups light coconut milk (beat with wire whisk as liquid is
added so that mixture stays smooth)
1-1/2 tsp Mrs. Dash Garlic & Herb seasoning
Salt and Pepper to taste

Return to a low heat:

Cook until mixture thickens to consistency of heavy cream, ***stirring constantly***.
Remove from heat. At this point, add fresh dill, finely chopped—for a fresh taste!

Spray 1-1/2 quart casserole dish with Pam

Fold flaked fish (or tuna) and penne pasta into sauce; pour into casserole dish.

Add Crusty Topping:

1/2-cup herbed bread crumbs
1/4-cup slivered almonds

BAKE 15-20 minutes in 350 degree oven, or until lightly browned.

***“Fasting is a great weapon against temptation”
Theophylactus of Bulgaria***