## Crab Crusted Rockfish

**Ingredients**
- Rockfish, 6oz ea-boned, skinned (4 pieces)
- Crabmeat (1 lb)
- Butter (4 ounces)
- Panko Bread Crumbs (3/4 cup)
- Old Bay Seasoning (2 tsp)
- Fresh Parsley, chopped (3 T)
- Lemon, juiced (1/2 lemon)

**Methods**

**Crust:**
1. Whip butter in an electric speed until white and fluffy. Add crab meat, parsley, old bay and juice of half lemon. Mix on low until fully incorporated.
2. Slowly add panko while mixing on low speed.
3. Roll the crust into a sheet 1/4" thick between wax paper. Put on cookie sheet and put into the freezer for a few minutes.

**Crust the fish:**
1. Dry fish with a paper towel.
2. Remove the crab sheet and peel off to piece of wax paper.
3. Place fish fillet on crab sheet and cut around the fish piece. Flip over onto a greased baking pan and remove the other sheet of wax paper.
4. Preheat oven to 475º and bake the fish for 15-20 minutes or until golden brown.

## Tortellini with Fresh Vegetables

**Ingredients**
- Cheese Tortellini (in refrigerator case at grocery store) (1-9oz pkg.)
- Olive or Vegetable Oil (1 T)
- Bell Pepper, medium cut in 1" dice (1 each)
- Roma Tomatoes, chopped (2 cups (6-8ea))
- Zucchini, medium cut in half lengthwise then cut into slices (1 each)
- Italian Seasoning (1/2 tsp)
- Garlic Salt (1/2 tsp)

**Methods**

1. Cook and drain tortellini per package directions using a saucepan. Wipe out saucepan with a dry paper towel.
2. Heat oil in same saucepan over medium high-heat. Cook bell pepper in oil 2-3 minutes or until tender-crisp.
3. Stir in tomatoes, zucchini, Italian seasoning and garlic salt. Cover and cook 3-5 minutes stirring occasionally until zucchini is tender.
4. Stir in tortellini. Cook 2-3 minutes stirring occasionally until hot through.