**Baked Haddock**

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Haddock fillets are topped with a mixture of onions, celery, mushrooms, and almond meal to form a tasty, crunchy crust on top of the fish. Baking the fillets keeps the recipe light and easy to prepare for a weeknight. Serve with a side of roasted tomatoes and Paleo tartar sauce.

**Ingredients:**

1 small onion, finely diced

2 stalks celery, finely diced

4 oz. white mushrooms, finely chopped

1 tbsp ghee

1/2 cup almond meal

1/2 tsp salt

Pinch of dried tarragon

2 tbsp fresh parsley, chopped

Freshly ground pepper

4 6-oz. skinless haddock fillets

1 tbsp lemon juice

**Directions:**

1. Preheat the oven to 375 degrees F. Melt the ghee in a skillet over medium heat. Sauté the onions and celery for 3-4 minutes. Add the mushrooms and sauté for 2 minutes more or until tender. Remove from heat. Stir in the almond meal, salt, tarragon, parsley, and pepper to taste.

2. Spray a baking dish with coconut oil spray. Place the fillets into the baking dish and season both sides with salt and pepper. Drizzle with the lemon juice. Divide the onion mixture onto the tops of the fillets. Bake for 25-30 minutes until the fish is opaque throughout and flakes easily. Serve immediately.

