



Bacon-Wrapped Haddock over Chickpea Mash

Prep: 12 minutes

Cook/Bake: 18 minutes • Serves: 4

- 8 slices smoked bacon
- 4 skinless haddock fillets (about 8 ounces each), each cut crosswise in half
- 2 tablespoons unsalted butter
- 1 garlic clove, minced
- ¼ teaspoon crushed red pepper flakes
- 1 can (15 ounces) chickpeas, rinsed and drained
- 1 teaspoon lemon zest
- ½ teaspoon fresh ground black pepper
- ⅛ teaspoon ground allspice
- 1 can (14.5 ounces) diced tomatoes
- 2 teaspoons chopped fresh chives
- ½ teaspoon chopped fresh thyme leaves plus additional sprigs for garnish (optional)
- Lemon wedges for garnish

1. Preheat oven to 375°. Place bacon in single layer on rimmed baking pan. Bake 10 to 12 minutes or until bacon is ¾ of the way cooked through. Transfer bacon to paper towel-lined plates to drain.

2. Line separate rimmed baking pan with aluminum foil or parchment paper. Wrap each piece of fish with 1 piece bacon and place on prepared pan, tucking ends of bacon under fish to secure. Bake fish 8 to 10 minutes or until fish turns opaque throughout and reaches an internal temperature of 145°.

3. Meanwhile, in large nonstick skillet, melt butter over medium heat. Add garlic and crushed red pepper and cook 2 minutes, stirring occasionally. Add chickpeas, lemon zest, black pepper and allspice, and cook 2 minutes, stirring occasionally. With back of fork, slightly mash chickpeas leaving some whole. Add tomatoes with their juice, chives and thyme, and cook 2 minutes or until heated through, stirring occasionally. Makes about 2½ cups.

4. Serve fish over chickpea mash garnished with lemon wedges and thyme sprigs, if desired.

Approximate nutritional values per serving:

*428 Calories, 13g Fat (6g Saturated), 149mg Cholesterol,
1227mg Sodium, 29g Carbohydrates, 6g Fiber, 47g Protein*