

Italian Style Baked Pike Filets



If you can't find fresh or frozen pike, you can substitute walleye in this recipe

Serves 6

2 pounds Northern pike filets	2 shallots, finely minced	2 pinches red pepper flakes
1 1/2c Half and Half ~ can use fat free	1/3c black olives, finely chopped	2T butter, room temperature
2 ~ 15oz can Italian style stewed tomatoes	1 red bell pepper, finely diced	1/2c Italian style breadcrumbs
3 garlic cloves, finely minced	2T capers, rinsed, drained	lemon, for garnish
	1 zucchini, finely chopped	

Preheat oven to 350. Spray large baking dish with non~stick cooking spray. Place pike filets in single layer in baking dish.

In medium bowl, combine Half and Half, stewed tomatoes, garlic, shallots, black olives, red pepper, capers, zucchini and red pepper flakes. Mix well.

Spread butter over pike filets and sprinkle on the breadcrumbs. Pour tomato mixture around filets.

Bake, uncovered, 20 minutes or until fish flakes easily with a fork. Serve with lemon wedges.

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