

FISH DINNER FOR TWO

2 tbs. salad oil	1 tsp. salt
2 tbs. olive oil	2 tsp. dill weed
1 1-pound package frozen flounder fillets, cut in 8 pieces	¼ tsp. tarragon
Juice ½ lemon	⅛ tsp. powdered coriander
2 bay leaves	3 potatoes, peeled, sliced and parboiled
½ tsp. pepper	10 cherry tomatoes
	½ lemon, sliced

Heat oils in a large skillet, add frozen fish, lemon juice and seasonings. Cook covered over medium heat 8-10 minutes. Add potatoes, tomatoes, and lemon slices and cook until fish is just tender and vegetables are heated through. Serves 2.