

## **Rockfish** (Fish & Seafood)

**Interesting facts:** Pacific coast of the North America, they commonly live hovering in kelp beds or along rocky reefs in our Washington waters. Rockfish are the longest known living fish on earth – the can live over 200 years!

**How to select:** Talking about legalities concerning fishing for rockfish, Federal requirements forbid commercial fishing on territorial waters. In the 1960's, there was a dip in the rockfish population and a conservation program was implemented. Avoid buying and consuming Rockfish or eat very rarely.

**How to clean and store:** Refrigerate within two hours of cooking. Freeze in covered airtight containers or heavy-duty freezer bags, or wrap tightly with heavy-duty aluminum foil or freezer wrap.

**Recipe idea:** Layer 5 cups of spinach in the bottom of a 2-quart baking dish. Lay the 2 fillets of rockfish atop the spinach. Scatter the 10 cherry tomatoes around the fish. Pour ½ cup vegetable broth into the dish. Season the fillet with 2 tablespoons dried dill, ¼ teaspoon garlic powder, 1/8 teaspoon lemon pepper, ¼ teaspoon onion powder and salt, and pepper. Place two lemon slices, 2 slices onion, and 2 tablespoons butter on the rockfish. Cover the entire dish with aluminum foil. Bake in a 400°F oven for 25 minutes.