



# Cent\$ible Nutrition Program

Helping Families Eat better for Less

## Court Bouillon

½ cup carrots, chopped  
1 medium onion, chopped  
½ pound celery w/leaves, chopped  
1 tablespoon herb seasoning mix\*  
3 tablespoons lemon juice  
white fish

1. Add ingredients to pan of water. Be sure that the pan is large enough for the pieces of fish to be cooked.
2. Bring water to a boil, reduce heat and simmer 20 minutes.
3. Add lemon juice. Boil 10 more minutes and strain.
4. Re-heat court bouillon to a light simmer.
5. Add fish and simmer for 8 to 10 minutes. When cooked, fish will be opaque white all the way through.

## Nutrition Facts

Serving Size: 1/2 of recipe (245g)

Servings: 2

Amount Per Serving

**Calories** 130      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      **1%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 170mg      **7%**

**Total Carbohydrate** 32g      **11%**

Dietary Fiber 5g      **19%**

Sugars 6g

**Protein** 2g

Vitamin A 90%      Vitamin C 15%

Calcium 10%      Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet.

\*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/centsible](http://www.uwyo.edu/centsible) for more information.



TV Show

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