Monkfish with Zucchini and Yogurt

Ingredients
1 lb. monkfish fillets
2 zucchini, medium
1/4 cup water
2 tbsp. margarine
1/2 cup white wine, dry
1 tbsp. shallots, minced
1 tbsp. butter (optional)
1 cup yogurt, plain, low fat
1 egg

Method
Trim the monkfish and cut at an angle in 1 1/2-inch slices. Wash zucchini and cut into 2 to 3 inch long wedges. Put water, 1 tbsp. margarine, and zucchini in saucepan. Cover and cook 5 minutes. Remove from heat and keep warm.

Grease a baking dish. Place monkfish slices in one layer and add the wine. Cover dish loosely and bake for 8 to 10 minutes at 375°. Drain pan liquids into a skillet. Add minced shallots and optional tbsp. of butter. Reduce liquid over high heat to less than 1/2 cup. Add yogurt, stirring constantly with a wire whisk. Beat egg in a small bowl. Stir some of the hot liquid into the egg to warm, and then add to the hot liquid. Cook, stirring constantly, until the sauce is thickened, about 2 or 3 minutes. Do not boil. Spoon the sauce onto a warm plate. Arrange the fish slices and zucchini wedges on the sauce.

Recipe developed by the Food and Nutrition Committee of Massachusetts Cooperative Extension.