

Seafood Saffron Stew

Serves 4-6

- 1 cup chopped green onions, divided
- 1/2 teaspoon sugar
- 1/2 teaspoon dried thyme
- 1/4 teaspoon grated orange rind
- 1/8 teaspoon ground red pepper
- 1/8 teaspoon saffron threads
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1 (8-ounce) bottle clam juice
- 1 (14.5 ounce) Chicken Stock
- 1/2 pound halibut or other firm white fish fillet
- 1/2 pound large shrimp, peeled
- 1 tablespoon butter

Heat a large saucepan coated with cooking spray over medium-high heat. Add 3/4 cup onions; cook 2 minutes or until tender. Add sugar and next 7 ingredients (sugar through chicken broth); bring to a boil. Cover, reduce heat, and simmer 15 minutes.

Increase heat to medium; add fish and shrimp. (Add fish as a whole piece, it will break apart on its own as it cooks) Cook 5-10 minutes or until shrimp are done (do not stir). Remove from heat; stir in 1/4 cup onions and butter.