**Breaded Rockfish with Fennel and Summer Squash**

**Produce**  
garlic(if needed)

sweet onion (if needed)

1 bunch fresh basil *(if needed)*  
  
fresh curly parsley *(if needed)*  
  
1 bunch green onions

2 lemons

1 fennel bulb

one 8 inch yellow summer squash

one 8 inch zucchini

**Canned/Dried Foods**  
brown rice (if needed)

Panko or dried bread crumbs *(if needed)*  
  
Low-sodium vegetable broth(if needed)

low-sodium soy sauce (if needed)

canola oil(if needed)

sesame oil(if needed)

low-sodium soy sauce (if needed)

rice wine vinegar (if needed)

dill pickle (if needed)

capers (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**  
  
1 lb. Rockfish fillets

**Chilled Foods/Dairy**

plain, nonfat Greek yogurt or quark (if needed)  
  
eggs (if needed)  
  
low-fat or vegan mayonnaise (if needed)