

Roasted Fish Casserole recipe &  
Happy New Year from *Effortless Entertaining*



Welcome to 2018! Thank you for your enthusiastic response to *Effortless Entertaining* — we've nearly sold out of our first run! Thanks also for the wonderful eggnog emails! I've tucked away a few fun facts you passed along to share in our next December issue.

I want to start the year by answering a few *EE*-related questions and by treating you to a healthy, hearty recipe that may be just the thing if you and yours, like me and mine, are trying to reset after making too much merry!



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## First things first...

Some of you have asked: What's the difference between being on the mailing list to receive occasional updates, such as *The Dash* emails like this one, and being an all-in member of our *Effortless Entertaining* community? One word: benefits.

You've received this email, so you're officially part of our mailing list. We're delighted to have you at the table and want to honor your interest by continuing to send these bite-sized bits of *Effortless Entertaining* goodness your way in periodic emails of *The Dash*.

If you've purchased an *Effortless Entertaining* guide and decide to join our community as a [member](#), you'll receive *The Dash*, and we'll add some heartier offerings to your plate as well. These additional benefits will energize and equip you with fresh ideas to add to your binder for entertaining throughout the year:

- **Our monthly e-newsletter, *The Dish*** - includes a brand new Menu with Recipes, GamePlan, and Shopping List, and other member updates

- **Our quarterly printed newsletter, *My Effortless Entertaining*** - with spotlights on chefs and home cooks, Style Points for table and décor, wine recommendations, and all-new Tips & Quips, Sources & Resources
- **Our members-only web portal** - with mobile access to all things *Effortless Entertaining*, plus access to me for questions and consultation
- **Access to me for questions and consultation** - several of our members are already enjoying this benefit, and I've enjoyed responding to your inquiries

Remember, when you buy the *Effortless Entertaining* guide, you receive a complimentary two-month membership. To activate a membership, click [here](#).

If you gave *Effortless Entertaining* as a gift, you may want to forward this email to your gift recipients to make sure they are on our mailing list for *The Dash* and to remind them of the two-month complimentary membership to our community.

## Proper closure...

If the binder for your *Effortless Entertaining* guide arrived damaged in shipping, or if the rings are not functioning properly, [please let us know](#) so we can replace it right away!



And now a Dash of *Effortless Entertaining* deliciousness..

Looking for a great way to stay warm in these record-cold days of winter? Cook comfort food! And good news for us eggnog imbibers: Comfort food doesn't have to come with all the calories!

One of my favorite resources for clean living is Dr. Mark Hyman, medical director of the Cleveland Center for Functional Medicine, and author of *The Blood Sugar Solution: 10-Day Detox Diet*. This recipe for Roasted Fish Casserole is just what the doctor ordered for a weeknight favorite. It's hearty, healthy, and full of flavor . . . and yes, it's *effortless*!

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## Roasted Fish Casserole

Serves 4    Adapted from *The Blood Sugar Solution: 10-Day Detox Diet*

### INGREDIENTS

4 bass or cod fillets, 4-6 oz ea  
salt and pepper  
2 tbsp olive oil, divided  
2 med fennel bulbs, trimmed and thinly sliced  
2 leeks, sliced (white part only)  
2 garlic cloves, minced  
2 cups vegetable stock  
4 Roma tomatoes, diced  
6 sprigs thyme  
2 lemons, thinly sliced  
¼ cup chopped fresh parsley  
12 cups fresh baby spinach



[Read Instructions Here](#)

[Printer-Friendly Recipe](#)

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## SOURCES & RESOURCES



Round Pond Meyer Lemon Olive Oil, [available here](#)



Shallow Soup Bowls  
Williams-Sonoma Fortessa Coupe  
[available here](#)



Le Creuset  
[available here](#)

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Members, look for *The Dish* coming your way soon...

[Become a Member the \*Effortless Entertaining\* Community.](#)

- Beef Tenderloin menu and recipes
- Give St. Valentine a rest and host a Jeffersonian dinner party instead – we'll tell you all you need to know
- Super Bowl menu recommendations

[ [activate membership.](#) ]

