

Baked Fish

Makes: 6 servings

Per serving: Calories 220, Protein 28 gm, Sodium 0 mg, Potassium 440 mg, Phosphorus 200 mg

Note: For baking, try wrapping fish in foil with a slice of lemon, bay leaf, pepper, and a little onion. Bake until tender and serve in foil.

Ingredients

2 lb. skinless fish filets
1 tsp garlic powder
8 oz tomato sauce
½ cup chopped green pepper
½ cup chopped celery
½ cup raw mushrooms
½ tsp dried thyme
1/4 tsp cumin
1/8 tsp ground cloves
1/4 tsp cinnamon
2 TBSP Canola oil

Directions

1. Cut filets into 6 portions.
2. Sauté onions, pepper, celery in 2 TBSP oil until tender.
3. Add remaining ingredients, except for fish, to mixture.
4. Arrange fish in a single layer in a well-greased baking dish.
5. Cover with the vegetable mixture.
6. Bake at 350°F for 15-20 minutes or until fish flakes easily with a fork.