



## Baked Fish with Creole Sauce

Serving Size: 4 ounces

Yield: 4 Servings

### Ingredients:

- 1 pound fresh or frozen, unbreaded fish fillets
- ½ onion, thinly sliced
- ½ green pepper, thinly sliced
- 1 (8-ounce) can tomato sauce
- 1 tsp. chili powder
- ¼ tsp. salt
- ⅛ tsp. pepper



### Directions:

1. Thaw fish in refrigerator overnight.
2. Preheat oven to 375°F.
3. Arrange fish in a single layer in a baking dish.
4. Top fish with onion and pepper slices.
5. In a separate bowl, mix tomato sauce, chili powder, salt, and pepper.
6. Pour tomato sauce mixture over fish and vegetables.
7. Cover dish and bake until fish flakes easily with a fork (20-30 minutes).

*Note: If fish is more than one layer thick in Baking dish, cooking time will be longer.*

**Nutrition Facts:** Calories, 140; Total Fat, 2 g, 3%; Saturated and trans fat, 0g; Cholesterol, 45 g, 15%; Sodium, 560 mg, 23%, Total Carbohydrate, 6 g, 2%; Fiber, 1 g, 4%; Sugar, 3 g; Protein, 23 g.

**Source:** *Eating Smart-Being Active Curriculum*, USDA, Expanded Food and Nutrition Program.



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