



Baked Fish with Creole Sauce

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 teaspoon chili powder
- ¼ teaspoon salt *
- ⅛ teaspoon pepper

Directions:

1. Thaw fish in refrigerator overnight.
2. Preheat oven to 375 degrees.
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 fork (20-30 minutes).
8. Refrigerate leftovers.

* you can reduce sodium by omitting salt -also check + compare sodium in chili powder and tomato sauce, some have added sodium.

Yields about 4 servings

Source: Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



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Nutrition Facts			
Serving Size ¼ recipe (4 ounces)			
Servings Per Recipe 4			
Amount Per Serving			
Calories	120	Calories from Fat	10
% Daily Value *			
Total Fat	1g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	65mg		22%
Sodium	520mg		22%
Total Carbohydrate	6g		2%
Dietary Fiber	1g		6%
Sugars	4g		
Protein	23g		
Vitamin A	8%	Vitamin C	35%
Calcium	6%	Iron	10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	25g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

8.3% calories from fat

