

Baked Fish Dish

Serves 6

This recipe was originally without the spinach. Adding a rich green like spinach adds many vitamins and minerals and fiber.



- 1½ pounds of white fish (cod, haddock, Pollack, tilapia)
- 6 ounces (about 1½ cups of shredded) reduced fat American, cheddar or Monterey Jack cheese
- 2 large potatoes, washed and peeled, cut into ¼-inch slices
- 1 large onion, sliced
- 10 ounce bag of baby spinach or 1 (10 ounce) box of frozen spinach, thawed and drained
- 4 tablespoons butter*
- juice from ½ lemon
- ½ sleeve of reduced sodium Ritz type crackers (about ¾ cup crumbs or 17 crackers) or bread crumbs



1. If using frozen fish, thaw in refrigerator overnight.



2. Take a 9"x13" glass casserole dish and line with thin slices taken from 2 tablespoons of butter. (*Or to save calories and fat, spray the bottom of the baking pan with cooking spray and use little or no butter!)



3. Cover the bottom of the pan with a layer of onion slices. Next, layer the potato slices over the onions. Take fresh or frozen and thawed spinach and layer on top of the potatoes.



4. Cover spinach with the cheese. Lay the fish fillets over the spinach and cheese. Put thin slices from 2 tablespoons of butter on top of the fish. Squeeze lemon over the casserole. Sprinkle crushed crackers over the top.



5. Cook, uncovered, for 50 minutes. Cool 5 minutes before cutting.



Nutrition information: 428 calories, total fat 18g, saturated fat 10g*, sodium 450mg, carbohydrates 33g, fiber 5g, protein 39g.

Recipe from Cathy Driscoll, Hands of Hope Outreach Center

Helpful Hint

• The internal temperature of cooked fish should reach 145°F. with a food
 • thermometer. The general cooking time for baking, poaching, broiling,
 • or grilling fish is about 10 minutes for every inch of thickness. For frozen,
 • unthawed fish, double the cooking time to 20 minutes for every inch.