Baked Fish with Creole Sauce
Makes 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 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.

Source: Adapted from Eating Smart Being Active Colorado State University and University of California Extension

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

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