

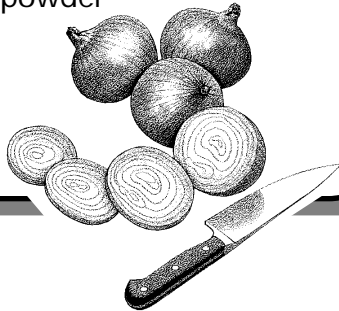
Spanish Baked Fish



CHOICES
Steps Toward
Health

Serves 4

1 pound white fish, such as fresh or frozen cod, haddock or flounder
Vegetable oil cooking spray
1 cup tomato sauce
1/2 cup onions, sliced
1/2 teaspoon garlic powder
2 teaspoons chili powder
1 teaspoon dried oregano flakes
1/8 teaspoon ground cumin



1. If using frozen fish, thaw in refrigerator according to package directions.
2. Preheat oven to 350°. Spray baking dish with cooking spray.
3. Separate fish into four fillets or pieces. Arrange fish in baking dish.
4. Mix remaining ingredients together and pour evenly over fish.
5. Bake until fish flakes easily with fork, about 10-20 minutes.

TIPS:

- Serve with a green vegetable and brown rice.
- Fish is naturally low in fat and calories.
- Thaw frozen fish in refrigerator.
- Store fish on the bottom shelf of the refrigerator.

Nutrition Facts: Serving size: 1/4 recipe; Calories: 120; Fruits and Vegetables: 1; Fat: 1.5 g; Fiber: 2 g



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