

SPANISH BAKED FISH

4 Servings, about 3 ounces each

<u>Perch fillets, fresh or frozen</u>	<u>1 pound</u>
<u>Tomato sauce</u>	<u>1 cup</u>
<u>Onions, sliced</u>	<u>1/2 cup</u>
<u>Garlic powder</u>	<u>1/2 teaspoon</u>
<u>Chili powder</u>	<u>2 teaspoons</u>
<u>Dried oregano flakes</u>	<u>1 teaspoon</u>
<u>Ground cumin</u>	<u>1/8 teaspoon</u>

PREPARATION TIME: 15 MINUTES

COOKING TIME: ABOUT 10 TO 20 MINUTES

1. Thaw frozen fish according to package directions.
2. Preheat oven to 350° F. Lightly grease baking dish.
3. Separate fish into four fillets or pieces. Arrange fish in baking dish.
4. Mix remaining ingredients together and pour over fish.
5. Bake until fish flakes easily with fork, about 10 to 20 minutes.

PER SERVING:

<u>Calories</u>	<u>135</u>
<u>Total fat</u>	<u>1 gram</u>
<u>Saturated fat</u>	<u>Trace</u>
<u>Cholesterol</u>	<u>104 milligrams</u>
<u>Sodium</u>	<u>448 milligrams</u>