

# Spanish Baked Fish

## Ingredients:

- 1 pound perch fillets, fresh or frozen
- 1 cup tomato sauce
- 1 small onion, sliced
- ½ teaspoon garlic powder
- 2 teaspoons chili powder
- 1 teaspoon oregano
- ⅛ teaspoon ground cumin

## Preparation:

1. Preheat the oven to 350°F.
2. Lightly grease the baking dish with butter or margarine.
3. Separate the fish into 4 fillets or pieces and place them in the baking dish.
4. Peel the onion and cut it into slices.
5. Stir the onions, tomato sauce, and spices together in a small bowl.
6. Pour the onion-spice mixture evenly over the fish.
7. Bake about 10 to 20 minutes, until the fish flakes easily with a fork.

Yields 4 (3 ounce) servings

Nutritional Information Per Serving: 140 calories, 22g protein, 8g carbohydrate (2g fiber), 2.5g fat, 50mg cholesterol, 420mg sodium

Source: U.S. Department of Agriculture



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