

## Baked Fish with Creole Sauce

Makes: 4 (4-ounce) servings  
Oven Temperature: 375°F  
Preparation Time: 15 minutes  
Cooking Time: 20-30 minutes

### 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  
1/8 teaspoon pepper

### Directions:

1. Thaw fish in refrigerator overnight.
2. Preheat oven to 375°F.
3. Arrange fish in a single layer in a baking dish.
4. Top fish with onion and pepper slices.
5. In a bowl, mix tomato sauce, chili powder, salt, and pepper.
6. Pour sauce mixture over fish and vegetables.
7. Cover dish and bake until fish flakes easily with a fork (20-30 minutes).
8. Refrigerate leftovers.

### Nutrition Facts

Serving Size 4 ounces (193g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 140	<b>Calories from Fat</b> 20
<small>% Daily Value*</small>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 560mg	<b>23%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
<b>Protein</b> 23g	

**Note:** If fish is more than one layer thick in baking dish, cooking time will be longer.

