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# Baked Fish with Lemon-Mushroom Sauce

*Home Cookin - Junior League of Wichita Falls, TX - 1976*

Servings: 6

**2 pounds fish fillets (sole, flounder or other mildly flavored fish)**

**1 can (10-1/2 ounce) cream of mushroom soup**

**1/2 cup milk**

**1 can (4-1/2 ounce) sliced mushrooms**

**1 large onion, chopped**

**2 tablespoons lemon juice, `**

**1 tablespoon paprika**

**1 bay leaf, crushed**

**1/2 teaspoon salt**

**1/4 teaspoon oregano**

**1/8 teaspoon pepper**

**1 cup poultry herb-seasoned croutons**

**butter**

Place the fish fillets in a shallow buttered baking dish.

In a saucepan, I combine the soup, milk, mushrooms, onion and lemon juice. Add the paprika, bay leaf, salt, oregano, and pepper. Simmer about 10 minutes. Pour the sauce over the fillets. Top the casserole with croutons and dot with butter.

Bake in the oven at 375 degrees for 45 minutes or until the crumbs are brown and the fish is done.

## **Seafood**

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*Per Serving (excluding unknown items): 49 Calories; 2g Fat (42.0% calories from fat); 2g Protein; 6g Carbohydrate; 1g Dietary Fiber; 3mg Cholesterol; 361mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat.*