

Chili-Cheese Fish Sticks

Servings: 4

- 1 package (24 ounce) fish sticks*
- 1 can (15 ounce) vegetarian chili with beans*
- 2 tablespoons onion, chopped*
- 3 tablespoons green pepper, chopped*
- 1/2 cup Mexican blend cheese, shredded*
- 4 tablespoons sour cream*
- 1 tablespoon chives, chopped*

Preheat the oven to 450 degrees.

Place the fish sticks in a shallow pan. Bake for 9 minutes.

Drain the excess liquid from the chili and place in a small pan over medium heat. Stir in the onion and green pepper. Cook, stirring occasionally, until heated through.

Remove the fish from the oven. Top with the chili. Evenly sprinkle on the cheese. Return to the oven until melted, about two minutes.

Place six chili cheese sticks on each of four serving plates. Top each serving with one tablespoon of sour cream and chopped chives.

Per Serving (excluding unknown items): 35 Calories; 3g Fat (76.3% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 6mg Cholesterol; 8mg Sodium. Exchanges: 0 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	35	Vitamin B6 (mg):	trace
% Calories from Fat:	76.3%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	17.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	3g	Folacin (mcg):	5mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	6mg	% Refuse:	n n%

Carbohydrate (g): 2g
Dietary Fiber (g): trace
Protein (g): 1g
Sodium (mg): 8mg
Potassium (mg): 43mg
Calcium (mg): 19mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 7mg
Vitamin A (i.u.): 190IU
Vitamin A (r.e.): 41 1/2RE

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 35 **Calories from Fat:** 27

% Daily Values*

Total Fat 3g	5%
Saturated Fat 2g	9%
Cholesterol 6mg	2%
Sodium 8mg	0%
Total Carbohydrates 2g	1%
Dietary Fiber trace	1%
Protein 1g	

Vitamin A	4%
Vitamin C	12%
Calcium	2%
Iron	0%

** Percent Daily Values are based on a 2000 calorie diet.*