

Fast Fish Bake

Gretchen Roth

Totland College Nursery School - Braintree, MA (1978)

Servings: 4

*1 large onion, thinly sliced
2 pounds fish fillets
1/2 cup mayonnaise
2 tablespoons lemon juice
2 teaspoons Worcestershire
sauce
1/4 cup grated Parmesan
cheese*

Preheat the oven to 350 degrees,

Line a 13x9x2-inch baking dish with half the onion. Top with the fish fillets and remaining onion.

In a bowl, combine the mayonnaise, lemon juice and Worcestershire sauce. Spread the mixture evenly over the onion. Sprinkle with cheese.

Bake for 35 minutes or until the fish flakes easily when tested with a fork.

Per Serving (excluding unknown items): 420 Calories; 26g Fat (55.9% calories from fat); 43g Protein; 4g Carbohydrate; 1g Dietary Fiber; 111mg Cholesterol; 397mg Sodium. Exchanges: 5 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.