
Fish Fillet Spanish Style

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

Servings: 4

2 pounds fish fillets (cod, sole, halibut or haddock)

1 small onion, chopped

1 stalk celery, chopped

2 tablespoons butter or margarine

1 tablespoon flour

1 teaspoon salt

1/8 teaspoon pepper

1 teaspoon sugar

1/2 teaspoon thyme

1 tablespoon minced parsley

2 cups canned tomatoes

Pat the fish fillets dry with a paper towel. Place the fish in a greased shallow baking dish.

In a skillet, saute' the onion and celery in butter until tender. Add the flour and stir well. Add the salt, pepper, sugar, thyme parsley and tomatoes. Simmer about 5 minutes. Pour the mixture over the fish.

Bake, uncovered, at 400 degrees for 30 minutes.

Seafood

Per Serving (excluding unknown items): 98 Calories; 6g Fat (51.8% calories from fat); 2g Protein; 11g Carbohydrate; 2g Dietary Fiber; 16mg Cholesterol; 780mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.