

Holiday Fillet with Cranberry Sauce

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Servings: 6

Yield: 1 1/2 cups of

Cranberry Orange

*2 pounds thick fish fillets,
fresh or frozen*

1 cup celery, sliced

1/3 cup onion, chopped

*6 tablespoons margarine,
divided*

4 cups soft bread cubes

1/2 cup pecans, chopped

*1 1/4 teaspoons salt,
divided*

*1 teaspoon orange rind,
grated*

1/4 cup orange juice

**CRANBERRY ORANGE
SAUCE**

1/3 cup sugar

2 teaspoons cornstarch

1/2 cup orange juice

1/2 cup water

1 cup raw cranberries

*2 teaspoons orange rind,
grated*

Preheat the oven to 350 degrees.

Cut the fillets into six portions.

In a ten-inch skillet in four tablespoons of margarine, cook the celery and onions until tender but not brown. Stir in the bread cubes, pecans, 1/4 teaspoon of salt, orange rind and orange juice. Turn the stuffing into a well greased 12x8-inch baking dish.

Arrange the fish in a single layer on the stuffing. Drizzle the remaining two tablespoons of melted margarine over the fish. Sprinkle with one tablespoon of salt.

Bake for 25 to 30 minutes or until the fish flakes easily when tested with a fork.

Make the Cranberry Orange Sauce: In a two-quart saucepan, combine the sugar and cornstarch. Add the orange juice and water. Cook, stirring constantly, until the mixture comes to a boil. Add the cranberries and cook for 5 minutes, stirring occasionally (the skins on the cranberries will pop). Fold in the orange rind. Serve with the fish.

Per Serving (excluding unknown items): 229 Calories; 18g Fat (66.6% calories from fat); 1g Protein; 19g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 596mg Sodium. Exchanges: Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fruit; 3 1/2 Fat Other Carbohydrates.