
Italian Baked Fish

Shirley Fontana

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

1 pound Pike fish fillets (or any white fish fillets)
1 tablespoon olive oil
1 can (14-1/2 ounce) diced tomatoes with basil
1/2 cup onions, sliced
2 tablespoons fresh parsley, chopped
1 teaspoon garlic
1 teaspoon oregano
1/4 teaspoon pepper
2 tablespoons butter
cooked rice or noodles

Preheat the oven to 350 degrees.

Spread oil in a 11x7x2-inch baking dish. Arrange the fillets in the bottom of the dish. Cover with the tomatoes and onions.

Sprinkle with parsley, garlic, oregano and pepper. Top with dots of butter.

Bake, covered, for 30 minutes or until the fish is tender.

Serve with hot cooked rice or noodles.

Seafood

Per Serving (excluding unknown items): 366 Calories; 37g Fat (87.9% calories from fat); 2g Protein; 10g Carbohydrate; 3g Dietary Fiber; 62mg Cholesterol; 242mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 7 1/2 Fat.