

Seafood Delight

Martha Shannon

The Pennsylvania State Grange Cookbook (1992)

Servings: 4

*1 medium onion, finely
chopped
2 tablespoons water
1/2 cup chopped tomatoes
1/2 teaspoon basil
1/2 teaspoon garlic powder
2 tablespoons oil
1 1/2 tablespoons lemon
juice
1 pound cod filets
1 teaspoon parsley flakes*

Preheat the oven to 350 degrees.

In a bowl, combine the onion, water and tomatoes. Stir in the basil, garlic powder, oil and lemon juice.

Place the filets in a greased baking dish. Pour the onion mixture over the top. Sprinkle with parsley.

Bake for 15 minutes. (Alternative is to microwave on HIGH for 7 minutes.)

Per Serving (excluding unknown items): 78 Calories; 7g Fat (76.1% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.