

Spinach-Stuffed Fish Fillets

Harriet Sadetsky

Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 6

*12 (3 ounce) fish fillets
cooked spinach
paprika
toothpicks
garlic powder (to taste)
onion flakes (to taste)
2 cans tomato sauce,
chicken gravy, cream of
mushroom soup or tomato
soup (any two)*

Preheat the oven to 350 degrees.

Season the fillets with the garlic powder and onion flakes. Place about two to three tablespoons of cooked, well-drained spinach, which has also been seasoned, in the center of the fillet.

Roll the fillets and fasten with toothpicks. Place in a fairly shallow baking pan.

In a bowl, add a combination of two of the soups or sauces (mix and match). Do not dilute. Mix together well. Spoon the mixture over the rolled fillets, which are in a single layer in the pan. Dust the top with paprika.

Bake for about 45 minutes.

Serve with buttered noodles or mashed potatoes.

(Be sure to remove the toothpicks after the fillets are removed from the pan.)

Per Serving (excluding unknown items): 139 Calories; 1g Fat (7.8% calories from fat); 30g Protein; 0g Carbohydrate; 0g Dietary Fiber; 73mg Cholesterol; 92mg Sodium. Exchanges: 4 Lean Meat.