

Fish Fillets Florentine

Mildred Dupointe - Narragansett, RI
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Servings: 6

1 1/2 pounds fish fillets
(whitefish, pollock, sole)
4 tablespoons lemon juice
1/2 cup water
salt (to taste)
1/2 cup milk
2 1/2 tablespoons blending
flour
pinch nutmeg
2 cans (15 ounce ea)
spinach, well drained
6 tablespoons grated
Parmesan cheese
paprika
1 lemon, sliced

Preparation Time: 30 minutes

Bake Time: 30 minutes

Arrange the fish in a single layer in a nonstick 13x9x2-inch pan. Sprinkle with lemon juice.

Add water to the pan. Salt and pepper the fillets (A generous amount of pepper). Cover the pan tightly with foil.

Bake for 15 minutes at 350 degrees. Remove from the oven. Drain the fish liquid into a saucepan. Heat to a boil. Combine the milk and flour into a paste. Stir the paste into the fish liquid, stirring constantly. Sprinkle with cheese and paprika. until the sauce thickens. Stir in the nutmeg.

Arrange the fish in the center of the baking pan. Surround with spinach. Pour the sauce over the fish and the spinach.

Bake, uncovered, at 425 degrees until heated through, 5 minutes.

Garnish with lemon slices. Serve with rice.

Per Serving (excluding unknown items): 42 Calories; 2g Fat (43.4% calories from fat); 3g Protein; 3g Carbohydrate; trace Dietary Fiber; 7mg Cholesterol; 112mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 0 Fat.