



Italian Baked Fish

Serves 6

2 pounds	Haddock (any white fish)
½ medium	Onion, chopped
1 cup	Sliced mushrooms
1 Tbsp.	Olive oil
½ cup	Tomato sauce
¼ cup	Water (or white wine)
¾ tsp.	Italian seasoning (or a mixture of Oregano and Basil)

- Preheat oven to 350° F.
- Place fish in baking dish.
- Cook onions and mushrooms in olive oil, until onions are translucent. Add tomato sauce. Spoon mixture over fish. Sprinkle fish with water (or wine) and seasoning.
- Bake for 20-30 minutes until fish flakes easily with fork.

NUTRITIONAL INFORMATION:

Calories: 171

Total Fat: 4g

Saturated Fat: 0.75g

Cholesterol 80mg

Carbohydrates: 3g

Fiber: 1g

Protein: 29g