



# Baked Fish with Tomatoes, Greens, and Mushrooms

**Servings:**

4

**Ingredients:**

- Vegetable oil spray
- 4 fish fillets (4 ounces each)
- 2 cups fresh spinach or Swiss chard, washed, and chopped
- 1 cup fresh mushrooms, washed and sliced (or canned mushrooms, drained)
- 1 medium tomato, washed and chopped
- 1/3 cup low-fat Italian dressing

**Directions:**

1. Spray 13 x 9-inch baking dish with vegetable oil spray.
2. Place fish fillets in baking dish.
3. Mix remaining ingredients in a bowl until well blended.
4. Spoon mixture over fish.
5. Bake at 375 degrees for 20-25 minutes, or until fish flakes easily when tested with fork.

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size 1 fish fillet (287g)</b>	
Amount per serving	
<b>Calories</b>	<b>320</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 110mg	<b>37%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 41g	
Vitamin D 13mcg	<b>70%</b>
Calcium 44mg	<b>4%</b>
Iron 2mg	<b>10%</b>
Potassium 1216mg	<b>25%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

