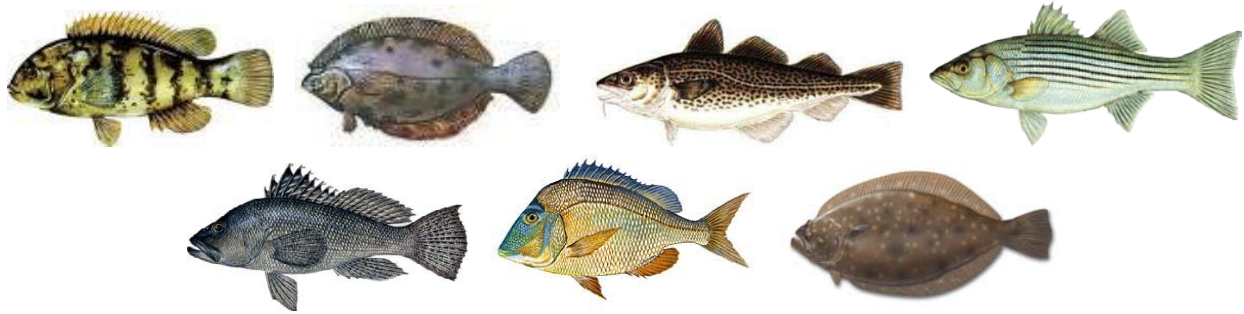


Sundowner Fish Recipes



Fish Florentine

Serves 4

TYPES of FISH:

Porgy
Codfish
Flounder
Fluke
Blackfish
Striped Bass
Sea Bass

Ingredients

2 12-oz. pkgs. frozen spinach, chopped
2 lb fresh fish fillets,
1 medium onion, chopped
3 tablespoons butter or stick margarine
3 tablespoons all-purpose flour
1/4 teaspoon salt

1/4 teaspoon pepper
1/4 teaspoon ground nutmeg
1 1/2 cups fat-free milk
2 tablespoons grated Parmesan cheese
1/2 teaspoon paprika

Method

Sprinkle spinach in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Top with fillets. In a saucepan, sauté onion in butter until tender. Stir in flour, salt, pepper and nutmeg until blended. Gradually add milk. bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Pour over fillets; sprinkle with Parmesan cheese and paprika. Bake, uncovered, at 350 degrees F for 20 minutes or until fish flakes easily with a fork.