

Baked Fish with Tomatoes, Spinach, and Olives

From The New American Plate Cookbook



- 1 package (10 ounces) frozen chopped spinach, thawed
- 4 four-ounce white fish fillets (such as catfish or tilapia)
- 2 small tomatoes (plum tomatoes, if available), each cut into 8 slices
- 2 scallions, trimmed and thinly sliced
- 2 tablespoons sliced black olives
- 2 tablespoons orange juice concentrate, thawed
- Salt and freshly ground black pepper, to taste
- 8 thick slices of lemon

Preheat the oven to 400 degrees. Drain the spinach in a sieve, pressing out as much liquid as possible. Cut 4 pieces of aluminum foil and 4 pieces of parchment paper large enough to wrap the fillets in. Place the paper on top of the foil. Lay 1 fillet on each paper. Top each fillet with 2 tablespoons of spinach, 4 slices of tomato, $\frac{1}{4}$ of the scallions, and $\frac{1}{2}$ tablespoon of olives. Drizzle $\frac{1}{2}$ tablespoon of the orange juice concentrate over each fillet and season with salt and pepper. Top each fillet with 2 slices of lemon. Completely wrap the fish, sealing the edges of the foil. Place on a baking sheet and bake until the fish is opaque and flakes easily when tested with a fork, about 10 to 15 minutes. Cooking time will vary depending on the thickness of the fish. Cook fish about 10 minutes per inch of thickness. Serve immediately.

Makes 4 servings.

Per serving:

136 Calories

2g Total Fat (less than 1g Saturated Fat)

10g Carbohydrates

20g Protein

4g Dietary Fiber

176mg Sodium