



Baked Fish with Spinach & Mushrooms

Ingredients

1 lb fish fillets
1 10-ounce package frozen spinach, thawed and drained
4 ounces mushrooms
1 clove garlic, chopped
1 cup cheddar cheese
1/2 cup bread crumbs
1 egg, beaten
Salt and pepper to taste
Juice of 1 lemon

Directions

Preheat oven to 325 degrees. Saute mushrooms and garlic until done. Mix with the spinach, egg, and 1/4 cup of breadcrumbs. Season with salt and pepper to taste.

Place mixture in the bottom of a lightly greased baking pan. Top with fish fillets. Sprinkle with the other half of the breadcrumbs and cheese. Cover and bake for 20-25 minutes, or until the fish flakes easily with a fork. Sprinkle with lemon juice before serving.