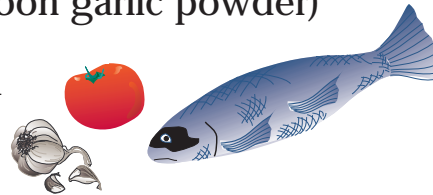


Fillet of Fish Casserole

Ingredients:

- 1 to 1 1/2 cups slightly undercooked brown rice
- 1/2 pound flounder fillets (or other thin white fillets)
- 1 tablespoon dry white wine, low sodium chicken bouillon, or water
- 1 medium tomato, cored and thinly sliced (or 3/4 cup canned whole tomatoes, drained and chopped)
- 2-3 tablespoons onion, minced
- 1 teaspoon garlic, minced (or 1/8 teaspoon garlic powder)
- 1/4 teaspoon thyme
- 1/4 cup plus 2 tablespoons wheat germ
- Pepper to taste



Preparation:

1. Spread rice in lightly oiled 1 or 1 1/2 quart baking dish.
2. Sprinkle fish with pepper to taste. Fold fillets in half lengthwise and arrange in single layer over rice.
3. Sprinkle fish with wine, bouillon, or water, tomatoes, onion, garlic, and thyme. Sprinkle wheat germ on top.
4. Bake covered at 350°F about 25 minutes. Broil 6-8 inches from heat about 3 minutes, until topping is golden and fish is opaque in center.

Makes approximately two 4 ounce servings of fish, two 1/2 cup servings of vegetables, and two 3/4 cup servings of grains

Amount Per Serving	
Calories	275-320
Calories from Fat 45	
% Daily Values*	
Total Fat	4.5g 7%
Saturated Fat	1g 5%
Cholesterol	55mg 18%
Sodium	105mg 4%
Total Carbohydrate	38g 13%
Dietary Fiber	6g 26%
Sugars	6g
Protein 31g	
Vitamin A	8%
Vitamin C	25%
Calcium	6%
Iron	20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat	9 • Carbohydrate 4 • Protein 4