

Fish Fillets Italiano

1 tablespoon salad oil	¼ teaspoon salt
1 clove garlic, minced or pressed	Pepper to taste
¼ cup chopped onion	1 package (about 1 pound) frozen fish fillets, thawed
¼ pound mushrooms, chopped	¾ cup shredded mozzarella cheese (made from part skim milk)
2 medium-size zucchini, diced	
1 can (15 ounces) tomato sauce	
¾ teaspoon <u>each</u> dry basil and oregano leaves	

Heat oil in a wide frying pan over medium heat; add garlic and onion and cook until onion is soft. Stir in mushrooms and zucchini and continue cooking and stirring for about 8 minutes or until mushrooms are soft.

Add tomato sauce, basil, oregano, salt and pepper. Bring to a boil, then reduce heat and simmer for about 15 minutes or until sauce boils and thickens slightly.

Arrange fillets in an even layer in a lightly greased shallow 2-quart casserole or 7x11" baking dish. Spoon hot sauce over fillets.

Bake, uncovered, in a 350°F oven for about 25 minutes or until fish flakes readily when prodded in thickest portion with a fork. Remove from oven, sprinkle cheese over fillets, and return to oven for 5 minutes longer or until cheese melts. Makes 4 servings.

Monterey Flounder

6 flounder fillets	½ cup dry sherry
½ teaspoon salt	1 cup shredded Monterey Jack cheese
¼ teaspoon pepper	¼ cup breadcrumbs
1 cup finely chopped almonds	2 tablespoons melted butter
½ cup milk	¼ teaspoon allspice

Place fish fillets in buttered baking dish. Sprinkle with salt and pepper. Mix almonds, milk, sherry and cheese, and pour over fish. Mix breadcrumbs, butter and allspice, and sprinkle over fish. Bake, uncovered, at 400°F for about 30 minutes or until fish flakes easily with a fork. Makes six servings.