



fast pizza-style fish

serves 4

Recipe serves 4—each serving represents:

- 1 serving from the Meats and Alternatives Food Group
- 1/2 serving from the Milk and Alternatives Food Group
- based on Canada's Food Guide

Nutrition Facts

Serving Size (1/4 recipe)
Recipe makes 4 servings

Amount Per Serving	
Calories 180	
Total Fat 5g	
Saturated Fat 3g	
Trans Fat 0g	
Cholesterol 60mg	
Sodium 400mg	
Total Carbohydrate 4g	
Dietary Fiber 1g	
Sugars 2g	
Protein 28g	
Vitamin A 15%	Vitamin C 35%
Calcium 20%	Iron 6%

Give the T.V., computer and phone a rest and catch up with your friends live. Go for a power walk and have some fun outside. You'll feel great on the inside.

For more great recipes visit:



healthyalberta.com

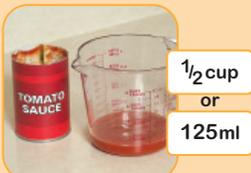
ingredients



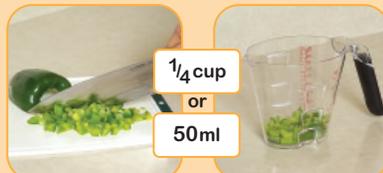
cooking spray



part-skim mozzarella cheese, shredded



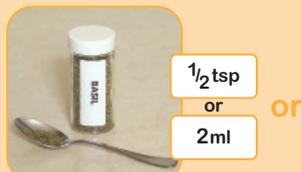
tomato sauce



green pepper, chopped



fish fillets—any kind

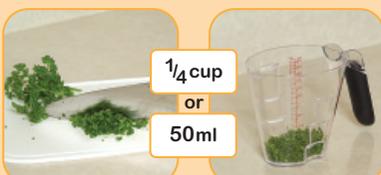


dried basil



dried oregano

optional



parsley, chopped

1 Heat oven to 450°F/ 230°C.



2



cooking spray

3

Put fish fillets in baking dish.



fish fillets



Spray baking dish with cooking spray.

4 Spread tomato sauce on fish fillets.



tomato sauce



5 Put all other ingredients on top of fish.



basil



oregano

or



green pepper



cheese

+



6 Add chopped parsley (optional).



parsley

7 Put in oven.



8 Bake for 10 to 15 minutes.



9 Serve hot.

recipe source
Instant Chef 2,
Grant MacEwan College