

Menu Idea
 Fish Stew
 Saltine Crackers
 Chocolate Pudding
 Low Fat Milk

Fish Stew
 (6 servings)

Per serving: 180 calories, 7 grams fat, 9 grams carbohydrate, 100 milligrams cholesterol

- 1 lb. Fish fillets, frozen or fresh
- 1 cup chopped onion
- 1/3 cup melted fat or oil
- 1 can (1 lb. 12 ounces) tomatoes
- 2 cups cut-up potatoes
- 1 cup water
- 1/4 cup catsup
- 1/2 teaspoon salt
- Dash pepper
- 1 can (1 pound) mixed vegetables

1. Thaw frozen fillets in refrigerator.
2. Skin fillets and cut into small pieces.
3. Cook onion in fat until tender.
4. Add tomatoes, potatoes, water, catsup and seasonings.
5. Cover and cook over low heat for 30 minutes.
6. Add fish, mixed vegetables and their liquid. Cover and cook 15 minutes longer or until potatoes are tender.

Menu Idea
 Bunstead Sandwich
 Celery & Carrot Sticks
 Apple
 Low Fat Milk

Bunsteads
 (6 servings)

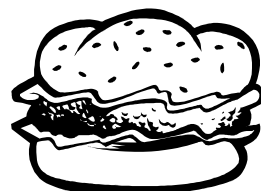
Per serving: calories 318, cal. from fat 110, total fat 12.2 grams, cholesterol 49 milligrams, sodium 746 milligrams

- 1/2 cup grated cheese (about 2 oz.)
- 2 cans water packed tuna OR 1 can water packed tuna and 3 chopped hard cooked eggs
- 1/3 cup reduced calorie mayonnaise
- 3 Tablespoons pickle relish (optional)
- 6 hamburger buns or 6 English muffins

1. Combine first 4 ingredients and fill buns. Wrap in foil and refrigerate to bake later in 350 degree oven for 15 minutes.

OR

1. Combine first 4 ingredients and spread open-faced on buns. Slip under broiler until filling is warm and bubbly. (English muffins work good for broiled Bunsteads.)



Menu Idea
 Baked Spicy Fish
 Baked Potato
 Cole Slaw, Plums
 Low Fat Milk

Baked Spicy Fish
 (4 servings)

Per serving: calories 140, fat 5 grams, saturated fat 1 gram, cholesterol 51 milligrams, sodium 123 milligrams

- 1 pound cod fillets, fresh or frozen
- 1/4 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/8 teaspoon pepper
- 1/8 teaspoon ground oregano
- 1/8 teaspoon ground thyme
- 1 Tablespoon lemon juice
- 1-1/2 Tablespoons margarine, melted

1. Thaw frozen fish according to package directions.
2. Preheat oven to 350 degrees.
3. Separate fish into four fillets or pieces. Place fish in ungreased 13 x 9 x 2 inch baking pan.
4. Combine paprika, garlic and onion powder, pepper, oregano, and thyme in small bowl. Sprinkle seasoning mixture and lemon juice evenly over fish. Drizzle margarine evenly over fish.
5. Bake until fish flakes easily with a fork, about 20 to 25 minutes.

Menu Idea
 Oven Fried Fish
 Bread
 Peas and Orange Slices
 Low Fat Milk

Oven Fried Fish
 (4 servings)

Per serving: calories 251, fat 10 grams, 14 grams carbohydrates, 107 milligrams cholesterol

- 1 egg, slightly beaten
- 1/2 teaspoon salt
- Dash of pepper
- 1 Tablespoon lemon juice
- 1/2 to 3/4 cup bread crumbs or crushed cornflakes
- 2 Tablespoons margarine
- 1 pound fish filets

1. Preheat oven to 350 degrees.
2. In a small bowl, combine egg, salt, pepper, and lemon juice.
3. Dip fish in egg mixture, then coat with crumbs.
4. Melt margarine in shallow baking pan.
5. Arrange fish pieces in pan, turning to coat with melted margarine.
6. Bake uncovered at 350 degrees for 20 to 25 minutes.

