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seafood recipes
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Mexican Baked Fish

Submitted by: Christine Johnson



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Makes 6 servings



" A baked fish dish. You get to choose the heat. Use mild salsa for a little heat and extra hot salsa for lots of heat! Serve with rice, black beans, warm tortillas and lime Margaritas for a festive meal! "

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Prep Time: 15 Minutes
Cook Time: 15 Minutes
Ready in: 30 Minutes

Average Rating: ★★★★★
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Ingredients

- 1 1/2 pounds cod
- 1 cup salsa
- 1 cup shredded sharp Cheddar cheese
- 1/2 cup coarsely crushed corn chips
- 1 avocado - peeled, pitted and sliced
- 1/4 cup sour cream

Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease one 8x12 inch baking dish.
- Rinse fish fillets under cold water, and pat dry with paper towels. Lay fillets side by side in the prepared baking dish. Pour the salsa over the top, and sprinkle evenly with the shredded cheese. Top with the crushed corn chips.
- Bake, uncovered, in the preheated oven for 15 minutes, or until fish is

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opaque and flakes with a fork. Serve topped with sliced avocado and sour cream.

Makes 6 servings

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Nutrition at a glance

Servings Per Recipe: 6

amount per serving

Calories 279

Protein 27.7g

Total Fat 14.3g

Sodium 448mg

Cholesterol 56mg

Carbohydrates 10.9g

Fiber 2.8g

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