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Baked Orange Roughy

INGREDIENTS:

- 1) 1 Can Campbell's Tomato Soup
- 2) 77.87 Grams Of White Wine (1/3 Cup)
- 3) 113 Grams Of Cheddar Cheese (1 Cup)
- 4) 7.6 Grams Of Parsley, Fresh (2 Tbsps)
- 5) 1 Small Onion (Minced)
- 6) 4 Fish Fillets (Orange Roughy Or Snapper)

INSTRUCTIONS:

- 1) Combine soup, wine, and grated cheese in a sauce-pan. Stir over low heat until cheese melts and is blended.
- 2) Add parsley and onions.
- 3) Arrange fish in shallow baking pan (or one each in an individual ramekin type small dish) and pour sauce over fish.
- 4) Bake at 375°F for about 25 minutes, or until the fish flakes with a fork.

ENTREE
