**Salsa Baked Fish**

**Ingredients:**

* 1 tablespoon olive oil
* 4 boneless, skinless fish fillets (about 6 ounces each), such as snapper, grouper or sea bass
* 1 cup spicy green salsa
* 1 cup (4 ounces) shredded Monterey jack cheese
* 1/2 cup toasted pumpkin seeds

**Directions:**

Heat oven to 400 F. Spread olive oil in a shallow baking pan. Arrange fillets in a single layer. Spoon salsa over fish.Bake fish 8 minutes. Spread cheese evenly over top. Bake 2-3 minutes more, until cheese is bubbly. Sprinkle with Pumpkorn before serving.

**Nutritional Information  
Per Serving:**

Net Carbs: 6.5 grams

Fiber: 1.0 grams

Protein: 49.0 grams

Fat: 18.5 grams

Calories: 401

**Recipe Information:**

Makes: 4 servings

Prep Time: 0:05:00

Marinate Time: 0:00:00

Cook Time: 0:10:00

Cool Time: 0:00:00