

- » 1 (13-oz) can reduced-fat cream of celery soup
- » 1 1/2 tsp Worcestershire sauce
- » 1 tbsp lemon juice
- » 1/4 tsp Dijon mustard
- » 1/8 tsp white pepper
- » 1/4 cup 1% fat milk
- » 1/4 tsp garlic powder
- » 2 tsp dried parsley, divided
- » 2 tbsp white cooking wine
- » Nonstick vegetable cooking spray
- » 1 1/2 lb halibut fillets
- » 6 cups red potatoes, unpeeled, diced into 3/4" pieces
- » 1/2 cup onion, sliced
- » 1 tbsp olive oil
- » 1/4 tsp salt
- » 1/4 tsp pepper

## Nutritional Content

Per Serving

Calories	451 cal	Cholesterol	58mg
Protein	42g	Sodium	823mg
Carbohydrate	44g	Calories from Fat	19%
Fat	10g	Fiber	4g
Saturated Fat	2g		

Preheat oven to 400F. In a medium bowl, combine cream of celery soup, Worcestershire sauce, lemon juice, mustard, pepper, milk, garlic powder, 1 tsp parsley, and cooking wine. Set aside. Place fillets in a baking dish that has been sprayed with nonstick vegetable cooking spray. Pour soup mixture over fillets. Set aside. Combine red potato pieces, onion, olive oil, salt, and pepper in a large bowl and mix well. Pour into a 9" x 13" baking dish that has been sprayed with nonstick vegetable cooking spray. Cover both dishes and bake together for 35 minutes or until fish flakes easily with a fork and potatoes are soft. Serves 4.

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