

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

Nutritional Content

Per Serving

Calories	461 cal	Cholesterol	57.3mg
Protein	41g	Sodium	985mg
Carbohydrate	44.7g	Calories from Fat	20.7%
Fat	10.6g	Fiber	4.4g
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, 1/2 tsp parsley, and cooking wine. Set aside. Place fillet 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 bowl and mix well. Pour into a 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 1.

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