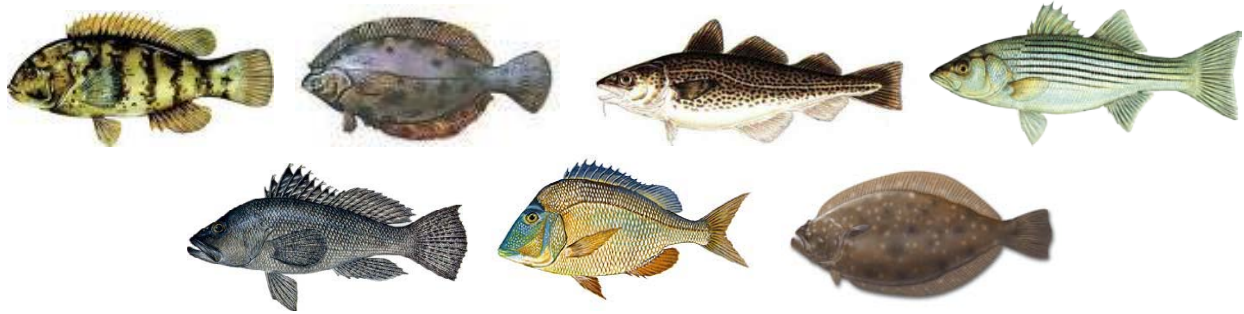


## Sundowner Fish Recipes



### Fish Florentine

Serves 4

#### TYPES of FISH:

**Porgy**  
**Codfish**  
**Flounder**  
**Fluke**  
**Blackfish**  
**Striped Bass**  
**Sea Bass**

#### Ingredients

2 12-oz. pkgs. frozen spinach, chopped  
2 lb fresh fish fillets,  
1 medium onion, chopped  
3 tablespoons butter or stick margarine  
3 tablespoons all-purpose flour  
1/4 teaspoon salt

1/4 teaspoon pepper  
1/4 teaspoon ground nutmeg  
1 1/2 cups fat-free milk  
2 tablespoons grated Parmesan cheese  
1/2 teaspoon paprika

#### Method

Sprinkle spinach in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Top with fillets. In a saucepan, sauté onion in butter until tender. Stir in flour, salt, pepper and nutmeg until blended. Gradually add milk. bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Pour over fillets; sprinkle with Parmesan cheese and paprika. Bake, uncovered, at 350 degrees F for 20 minutes or until fish flakes easily with a fork.