

## Herb Topped Fish



- Serves 8 3 Ounces Per Serving

### Ingredients:

- 8 1 ½ inch thick pieces of salmon, halibut, or other white fish (24 oz)
- ½ cup mayonnaise
- ½ cup sour cream
- ¼ cup grated Parmesan cheese
- 4 tablespoons chives, chopped
- 2 tablespoons parsley, chopped
- ½ teaspoon onion powder
- ½ teaspoon dried dill
- ½ teaspoon dry mustard
- Fresh ground pepper to taste

### Directions:

Place uncooked fish fillets in a buttered shallow baking pan. Blend all remaining ingredients by hand. Spread mixture on top of fillets. Bake at 350 °F for 20 minutes or until fish flakes.

Analysis		Renal & Renal Diabetic Exchanges
Calories 244	Sodium 202 mg	3 Meat
Carbohydrates 1 gram	Potassium 316 mg	2 Fat
Protein 19 grams	Phosphorus 239 mg	
Fat 18 grams		

