

FISH AND SPINACH CASSEROLE

I was looking for something to do with fish and spinach. This was recipe number two and is a winner...Rose Westerman

INGREDIENTS

1 lb. Cod (Chicken could be used also)
30 oz. frozen chopped Spinach (3 ten ounce pkgs.)
~ 8 oz. sliced fresh Mushrooms
2 Tbs. Capers
1/3 cup Chives or other Onions
3 Tbs. melted Margarine
2 cups Chicken Broth (1 can)
1/2 cup Dry White Wine
2 Tbs. Cornstarch dissolved in 1/4 cup broth
~1/8 tsp. White Pepper

SAUCE INGREDIENTS

1 1/2 cup Grated Mozzarella or Jack Cheese
1/2 cup Powdered Skim Milk prepared

These two sauce ingredients will be cooked in microwave until dissolved...

DIRECTIONS

Fry Mushrooms and remove from pan.

Heat Spinach in a large fry pan. Drain and remove Spinach to casserole.

Dissolve Cornstarch in 1/4 cup broth.

Add all other ingredients to pan except Mushrooms. Heat just to thicken with Cornstarch.

Add Fish or Poultry to top Spinach. Cover with Mushrooms. Pour sauce over.

Cover and bake until heated. (325° for 1/2 hour)

Cover with Mozzarella sauce.