

Sitka Baked Halibut or Cod

Servings: 4

Ingredients:

- 1 to 1¼ lbs. fresh halibut or cod fillets
- Cooking spray
- 1 sweet onion, sliced
- 1 c. light sour cream
- ¼ c. Bread crumbs

Directions:

1. Spray casserole or small lasagna dish with cooking spray.
2. Layer sliced onions, then halibut or cod, sour cream (spread thickly on the fish), and bread crumbs on top.
3. Bake at 305-degrees for 35 to 40 minutes.
4. Fish will flake easily with a fork when done.

Nutrition:

5 oz. Cod (no onions)

Calories: 235 Protein: 35.2g total carbohydrate: 10.9g total fat: 5.4g
sugars: 4.4g saturated fat: 3.2g sodium: 279mg dietary fiber: 0g

5 oz. Halibut (no onions)

Calories: 253 Protein: 34.4g total carbohydrate: 10.9g total fat: 7.6g
sugars: 4.4g saturated fat: 3.5g sodium: 236mg dietary fiber: 0g

Over thirty years ago I first had this recipe (halibut version) while staying at the Sheffield House Hotel in Sitka Alaska. The original recipe called for mayonnaise instead of sour cream, but I find that light sour cream works beautifully without adding unnecessary fat and calories while still preserving a really tasty piece of fish.