



Total Time  
**65 MIN.**

Serving & Size  
**1 SERVING (1 FISH FILET, 1/3 CUP SAUCE, 1/2 CUP RI**

Difficulty  
**EASY**

Yields  
**24**

Try our Creole Baked Fish recipe made with Campbell's® Healthy Request® Condensed Tomato Soup. Combine the fish, creole sauce, and fresh grated parmesan cheese to a baking pan and cook for 45 minutes. Serve over brown rice to finish.

<b>Nutrition Facts</b>	
Serving Size	1 SERVING (1 FISH FILET, 1/3 CUP SAUCE, 1/2 CUP RI
<b>Amount Per Serving</b>	
<b>Calories</b>	316
<b>% Daily Value</b>	
<b>Total Fat</b>	5.6g <b>9%</b>
<b>Saturated Fat</b>	1.6g <b>8%</b>
<b>Cholesterol</b>	59mg <b>20%</b>
<b>Sodium</b>	326mg <b>14%</b>
<b>Total Carbohydrate</b>	38.3g <b>13%</b>
<b>Dietary Fiber</b>	3.7g <b>15%</b>
<b>Protein</b>	28.4g <b>57%</b>
Vitamin A	% Vitamin C 37%
Calcium	8% Iron 11%

**TIP**

Sprinkle parsley over dish.

Substitute saffron rice for brown rice.

**INGREDIENTS**

**WEIGHT MEASURE**

dried oregano leaves, crumbled		2 1/2	tblsp.
gumbo file powder		1	tblsp.
black pepper, ground		1	tsp.
ground red pepper		1/2	tsp.
vegetable cooking spray, as needed			
tilapia, filets, 4 oz each	6 lb.	24	ea.
vegetable oil		2	tblsp.
Vidalia onion, diced	3 lb.	2	qt.
green pepper, diced	1 lb.	1	qt.
celery, diced	2 lb.	1	qt.
garlic, peeled, minced		2	tblsp.
 Campbell's® Healthy Request® Condensed Tomato Soup	50 oz.	1	cans
water		2	cups
fresh parsley, minced		1	cups
lemon juice		333/1000	cups
lemon zest		1	tblsp.
Parmesan cheese, grated	2 oz.	1	cups



brown rice, cooked, hot

3 qt.

### **INSTRUCTIONS**

1. In bowl mix together oregano, gumbo file, if desired, and peppers.
2. Lightly spray 2 shallow, full-size (12 x 20 x 3-in.) hotel pans with cooking spray. Fold fish filets, tail side under, and arrange in a singled layer in the bottoms of each pan, 12 per pan. Sprinkle tops of fish evenly with 2 Tbsp. oregano-pepper mixture. Reserve remaining herb mixture for sauce.
3. In a large sauce pan, heat oil over medium-high heat; add onion, peppers and celery and sauté until tender, about 5 minutes.
4. Stir in garlic and remaining oregano-pepper mixture and continue to sauté 2 minutes.
5. Mix in Campbell's® Healthy Request Tomato Soup, water, parsley and lemon juice and zest; bring to a boil. Remove Creole sauce from heat. (Sauce may be made ahead, cooled and refrigerated.) CCP: May be served hot 140°F or higher, or chilled 40°F or lower.
6. Pour prepared Creole sauce evenly over the fish portions.
7. Bake in 375°F. conventional or 325°F. convection oven 30-35 minutes, uncovered until the fish is tender and cooked through and the sauce is bubbly. CCP: Cook to an internal temperature of 145°F. or higher for 15 seconds.
8. Sprinkle tops of fish evenly with Parmesan. CCP: Hold hot at 140°F or higher for service.
9. **To Serve:** For each serving, portion 1 fish filet on top of a 1/2 cup rice and top with at least 1/3 cup pan sauce over fish.