

Baked Mahi Mahi over Creamed Spinach

Ingredients:

- 1, 10 oz. package frozen chopped spinach, thawed and drained
- 1 pound fresh or frozen Mahi fillets (thawed if frozen)
- 2 Tbs butter
- 2 green onions, diced
- 2 cloves garlic, minced
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. Old Bay seasoning
- 3 Tbs flour
- 1 cup 1% milk
- 6 to 8 halved cherry tomatoes
- 1 Tbs parmesan cheese
- 1/4 tsp. paprika

Preheat oven to 350 degrees. Line spinach in an 11" x 7" baking dish. Place Mahi fillets evenly on top of spinach. In a medium sauce pan, heat butter over medium-high heat. Add green onions, garlic, salt, pepper, and Old Bay seasoning. Cook for 1 to 2 minutes. Sprinkle the flour in the pan and gradually add milk, whisking to combine. Cook until mixture begins to thicken. Pour mixture over fillets. Add tomatoes, and sprinkle evenly with parmesan and paprika. Bake, uncovered, for 25 minutes. Remove and garnish with fresh parsley or cilantro. Enjoy!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"Don't worry, God has gone before you and prepared the way.
Keep walking." - Anonymous***