

## HERB TOPPED FISH

Makes 8 servings

### Ingredients

8- 1 ½ inch thick pieces of salmon, halibut, or other white fish such as tilapia  
½ cup mayonnaise  
1/2 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 an oiled shallow baking pan. Blend all remaining ingredients by hand. Spread mixture on top of fillets. Bake at 350 degrees F for 20 minutes or until fish flakes.

Note: If you don't have all these herbs, substitute your own! You can use small amounts of green onion instead of chives.

Renal/diabetic food choices: 3 meat, 2 fat

From: Living Well on dialysis