30 minutes before serving:
• Wash hands
• Preheat oven and prepare onion baked fish; put it in the oven.

20 minutes before serving:
• Cook frozen or canned corn and green beans
• To make green beans almondine, put 1 Tbs. of melted butter or margarine into a small saucepan; add 2 Tbs. slivered almonds and cook until golden; remove from heat, add 1 Tbs. lemon juice and cooked green beans.

10 minutes before serving:
• Put frozen, fresh or canned fruit into serving dishes
• Set the table
• Tell the family to wash up for dinner!

Onion Baked Fish

Serves 4

1 envelope dry onion soup mix
1/3 cup plain dry bread crumbs
1 egg, well beaten
4 pieces of frozen fish
Non stick spray

Preheat oven to 400°
In a small bowl, combine dry soup mix and bread crumbs
Dip fish in egg, then bread crumb mixture
Spray baking sheet and arrange fish on it
Bake uncovered 15 - 20 minutes, turning once (when done, fish will “flake” when cut with a fork).