



Fish en Papillote

Makes 1 serving

- 1 6-ounce fillet of fish (tilapia or any fish you prefer)
- 1-2 dashes of paprika (to season fish)
- 4 skinny asparagus stalks, cut into 2-inch segments
- 1 teaspoon minced onion
- 1 tablespoon shredded carrots
- 2 tablespoons sweet bell pepper, thinly sliced
- 1 large pinch dried parsley
- 1 large pinch dried thyme
- 1/2 teaspoon olive oil
- 2 thin lemon slices
- Parchment paper

Directions: Remember to wash your hands.

1. Preheat oven to 400 degrees F.
2. Place all ingredients in the order given in the center of the parchment paper.
3. Drizzle olive oil over fish and vegetables. Place lemon slices on top.
4. Seal the packet closed by rolling and crimping the long sides of paper together over the fish and vegetables. The roll and crimp the ends closed so no steam can escape. Place on baking sheet.
5. Bake 12-15 minutes. Serve with brown rice and fresh green salad.

Nutrition information per serving: Calories—210; fat—5g; carbohydrate—5g; fiber—2g; protein—35g; sodium—95gm

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