



Healthy Eating & Weight Loss

Fish In Parchment

- 4 fish fillets (firm fish, your choice, salmon, halibut, ahi - 5-6 oz each)
- 2 tbsp chopped fresh basil
- 2 tsp chopped fresh thyme or dill (I like dill for salmon and thyme for other fish)
- 4 tsp olive oil
- 2 tbsp lemon juice
- 1 tomato, thickly sliced
- 4 lemon slices
- 4 teaspoons capers
- parchment paper

Rinse each fish fillet. Cut 4 pieces of parchment 12x15. Preheat oven to 425 degrees.

On each slice of parchment, lay a fish fillet, one tomato slice, one lemon slice. Evenly divide the spices. Put one tsp on olive oil and top with the tsp of capers.

Fold the parchment over and make a nice little fish present. Place on an ungreased cookie sheet and bake for 15-20 minutes. Thick fillets and steaks may need longer. Makes 4 servings.

178 calories per serving, 34 g protein

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