Fish Fillets Baked in Foil

DID YOU KNOW THAT FISH HIGH IN OMEGA-3S MAY HELP YOU GET A BETTER NIGHT'S SLEEP? TRY THIS FISH DISH ON A BUSY WEEKNIGHT AND SEE HOW WELL YOU SNOOZE.

Ingredients

- 4 fish fillets (6 ounces each)
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper or white pepper
- 2 tablespoons fresh lemon juice
- 2 tablespoons dry white wine or water
- 3 tablespoons chopped green onions, green tops only
- 2 tablespoons chopped fresh parsley or tarragon

Preparation

- Preheat the oven to 350°F. Cut 4 sheets of aluminum foil, approximately 8 x 12 inches. Lay 1 fillet in the center of each piece of foil and season lightly with the salt and pepper.

- Pour the lemon juice and wine around the sides and over the fillets and sprinkle the green onions and herbs over the tops. Draw the sides of the foil upward and around the fish, crimping to tightly seal.

- Place the foil packets on a baking sheet and roast until the fillets are just opaque and cooked through, 12 to 15 minutes for thin fillets, and 16 to 20 minutes for thicker ones. Place each foil packet on a plate. At the table, slice open the foil with a knife.

Nutrition (per serving)

Yield: 4 servings; Calories 253; dietary fiber 0g; protein 35g

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