

Foil Baked Lemon Fish

INGREDIENTS:

4 fish fillets (about 4 oz. each)
¼ C diced carrots
¼ C diced celery
¼ C chopped green onion
2 T chopped fresh parsley
2 thinly sliced lemons

DIRECTIONS:

Heat the oven to 350 degrees F. Cut four 2 foot lengths of foil and fold each in half to make a 1 foot square. Place 1 fish fillet slightly on each square of foil. Sprinkle ¼ cup carrots, celery, green onions and parsley on each fillet. Top with lemon slices. Wrap the fish in foil, crimp edges together slightly and place foiled wrapped fish fillets on a baking sheet. Bake for 15-20 minutes or until fish flakes easily.

Makes 4 servings.
Calories: 197/serving

NUTRITIONAL INFORMATION PER SERVING:

41g protein
2g carbohydrates
2g fat
137mg sodium
99mg cholesterol
1g fiber