

Heart Healthy Fish For Two

INGREDIENTS:

- 2 4 ounce wild salmon fish fillets or steaks
- 3 small zucchini, sliced
- 1 C sliced mushrooms
- 1/4 red onion, sliced
- 2 T olive oil
- 1/4 C fresh lemon juice
- 1 T chopped fresh basil
- dash of pepper
- 5 black olives, halved and pitted
- Aluminum foil (2 sheets, 12 X 24)

DIRECTIONS:

Preheat oven to 450 degrees. Fold sheets of foil in half to form a double thick square. Brush with a little oil. Prepare all ingredients and layer half the ingredients in the middle of the foil (making two fish foil packets) in this order: zucchini, mushrooms, fish, and onion slices. Sprinkle with olive oil, lemon juice, pepper and basil. Top with black olives. Fold foil into airtight packets and bake for 20 minutes. When finished check fish to see that it is done (should flake easily). Serve and pour any left over liquid in the foil over each serving.

Makes 2 servings. Serving size is a 4 ounce piece of fish
Calories: 260 per serving

NUTRITIONAL INFORMATION PER SERVING:

26 g protein
6 g carbohydrates
14 g fat
96 mg sodium
51 mg cholesterol

Estimated Food Group Serving Equivalents: 4 protein, 1 fat, 1 vegetable