

Fish en Papillote (serves 4)



- 4 pieces firm fish such as cod, halibut, or tilapia (can use frozen or fresh)
- 2 cups mixed vegetables (zucchini, summer squash, onions, peppers or frozen mixed vegetables)
- 4 tsp butter
- 4 lemon slices
- Salt and pepper
- 4 large sheets of parchment paper

Lay a sheet of parchment paper on baking dish. Place one piece of fish on parchment, top with $\frac{1}{2}$ cup vegetables, 1 tsp butter, and a lemon slice. Shake some salt and pepper over the top. Fold the parchment paper of the top of the fish and vegetables. Started at a corner near the fold, turn and fold the parchment around the open edges to create a seal. Repeat layering of fish, vegetables, and spices for remaining 3 packets. Bake at 375 degrees F for 12-15 minutes. To serve place packet on plate and use a pair of kitchen shears or knife to cut open.