

## Easy Whitefish with Lemon and Herbs

### Ingredients:

- 6 white fish fillets, about 1 1/2 lbs total (cod, halibut, sole, haddock)
- 6 cloves garlic, minced
- 1 tbsp dried rosemary
- 3 large lemon, thinly sliced, seeded, end pieces discarded
- 1 tbsp olive oil
- Salt and pepper to taste



### Making it:

1. Preheat oven to 450 F. Place a baking sheet in oven to preheat as well.
2. Cut 4 large rectangles of foil and place a fish fillet in the center of each piece.
3. Bowl: Combine oil, spices and garlic and stir well.
4. Spread mixture evenly over fish, lay several lemon slices on top, and fold the edges of the foil or paper up over each fillet, crimping edges tightly.
5. Place packaged fish on preheated baking sheet and bake 13-15 minutes, until fish is just cooked through (should flake). Serve fish in packages.

### Tips and Hints:

- Serve with rice, quinoa or yams and some delicious vegetables like steamed beans or a spinach salad.
- Get creative with leftover fish and give fish tacos a try. Simply sauté onions and white cabbage, chop cilantro and toss together with fish and salsa on a whole wheat tortilla or corn.
- Budget friendly option - look for white fish on sale in the frozen section of your grocery store. Thaw in fridge.

### NUTRITION FACTS

Servings: 6  
Size: 1 fillet

Total Calories	123
Carbohydrate	4 g
Total Fat	5 g
Protein	17 g
Fiber	1.5 g

Prep Time: 10

Cook Time: 20