

So-Fancy Fish Pack



PER SERVING (entire recipe): 205 calories, 4g fat, 412mg sodium, 6g carbs, 2.75g fiber, 3g sugars, 35g protein -- *PointsPlus*® value 5*

This tastes like a fancy-schmancy restaurant meal, but it's something you can whip up at home in a FLASH. Nothing fishy about that!

Serves 1.

Ingredients:

6 oz. raw tilapia, cod, or similar type of white fish
8 thin (or 6 thick) asparagus stalks, tough ends removed
2 slices lemon
1 tsp. light whipped butter or light buttery spread (like Brummel & Brown)
1/2 tsp. chopped fresh parsley
1/2 tsp. crushed garlic
1/8 tsp. salt

Directions:

Preheat oven to 375 degrees.

In a small bowl, mix together butter, parsley, garlic, and salt to form a thick paste. Set aside.

Lay a large piece of heavy-duty foil in front of you. Line up the stalks side by side (like a raft) in the center of the foil. Lay the fish on top of the asparagus.

Spread butter mixture evenly over the fish, and top with lemon slices. Fold and seal the top and bottom edges of the foil, and then the side edges, to create a well-sealed packet.

Place packet on a baking sheet, and cook in the oven for about 15 minutes, until asparagus is tender and fish is cooked through.

Allow packet to cool for a few minutes, and then cut to release steam before opening it entirely. (Careful - steam will be hot.) Arrange fish and asparagus on a plate (use the lemon slices as a pretty garnish), admire, and eat!