

Simple and Quick: Tilapia and Spinach Parchment Packet

Also known as ***Tilapia En Papillote***

Preheat oven to 400 degrees

Rimmed baking sheet or jelly roll

1 piece of parchment paper or nonstick foil (about 16 inches long)

Ingredients

- 1 four ounce Tilapia* fillet (skin off) *may use thawed frozen tilapia well drained
- 1 cup fresh spinach leaves (pre-washed and well drained)
- ½ cup julienned cut carrot sticks (pre-washed)
- 1 clove garlic minced (or to your taste)
- 1 tsp olive oil
- ¼ tsp salt
- ⅛ tsp pepper
- ½ lemon – slice two or three slices, use juice of remaining piece of lemon

Place 1 cup spinach in center of parchment paper. Top with ½ cup chopped carrot sticks. Scatter ½ of the minced garlic on top of vegetables. Top with tilapia fillet. Brush top of fish with 1 tsp of olive oil. Scatter garlic over the top. Drizzle a small amount of fresh lemon juice over fish. Sprinkle with salt and pepper to taste (or use another seasoning you like such as rosemary). Top fish with 2 or 3 slices of fresh lemon.

Bring long ends of paper together. Fold down 3 times to make a seam. Place on baking pan and tuck ends underneath. Bake 15 minutes. Open packet. If fish isn't opaque at center, reseal packet and return to oven. Check again after 5 minutes.

Nutrition Values

Calories	227
Fat	9 g
Cholesterol	64 mg
Calcium	79 mg
Carbohydrate	9 g
Sodium	714 mg
Protein	30 g
Fiber	4 g