

BAKED FISH IN PARCHEMENT

Makes 2 servings



INGREDIENTS

Two 16" parchment paper sheets
2 rosemary sprigs
2 (3-6-ounce) skinless fish fillets
1/2 cup zucchini, diced
6 cherry tomatoes, halved
2 small artichoke hearts, quartered
1 tablespoon dry white wine
Salt and pepper to taste
Fresh lemon juice

INSTRUCTIONS

Preheat the oven to 450° F.

Lay one parchment paper over another, long side of the paper horizontal. Lay herb sprigs in middle of the parchment. Season fish on both sides with salt and pepper. Lay fish on top of the herb sprigs. Spoon the zucchini, tomatoes, and artichoke hearts over the fish. Season the vegetables with a pinch more of salt and pepper. Pour the white wine over everything.

Seal the packet closed by rolling and crimping the long sides together over the fish and vegetables. Then roll and crimp the ends closed so no steam can escape. Place on baking sheet.

Bake for 10 to 15 minutes, until the fish is cooked through. Timing depends on thickness of fish. If you are cooking more than one packet, add another minute to cooking time for each additional packet. Just before serving, carefully open the packet, and add a squeeze of lemon juice over everything.