

Baked Rockfish and Vegetables

Makes: 4 servings

Ingredients

- 4 rockfish fillets?(or cod or perch, 4 ounces each)
- 2 cups sliced vegetables, such as tomato, zucchini, onions, bell pepper
- 1 small onion, diced
- 1 teaspoon lemon juice?(or fresh lemon zest or slices)
- 1 tablespoon parsley flakes, dried?(or fresh, chopped)
- aluminum foil (10x12 inch piece)



Directions

1. Preheat oven to 450°F.
2. Separate and place fish fillets in center of each aluminum foil square.
3. Combine vegetables and diced onion in bowl and mix. Spoon vegetables around fish fillets.
4. Sprinkle with lemon juice; or top with lemon zest or slices.
5. Top with parsley or other herbs if desired.
6. Fold ends of aluminum foil together to form leak-proof seal.
7. Bake for 20 minutes. Serve.

Recipe from: *Simply Good Eating Recipe Cards*, Vol. 1, 2000, University of Minnesota Cooperative Extension Service, adapted by the USDA Food and Nutrition Administration.

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