

Recipes makes: 4 Servings



**Ingredients-**

- ♥ ½ Red onion, julienned
- ♥ 1 Zucchini, julienned
- ♥ 1 Large carrot, julienned
- ♥ 1 Clove garlic, minced
- ♥ 1 Tbsp **D'Avolio Lemon Extra Virgin Olive Oil**
- ♥ ½ tsp Black Pepper
- ♥ 4 (4oz) sole fillets, hake, flounder, or other white fish
- ♥ 1 Lemon, thinly sliced, seeds removed
- ♥ 8 Sprigs of fresh thyme
- ♥ 1 Bunch of parsley
- ♥ 4 tsp Butter
- ♥ ¼ Cup white wine

**PREPARATION:**

1. Preheat the oven to 375 degrees F.
2. In a bowl, mix together the onion, zucchini, carrot, and garlic. Add the oil and pepper to the bowl and toss to combine.
3. Put each fish fillet on a large square of parchment paper. Arrange the vegetables on top, dividing evenly.
4. Top the vegetables with 2 lemon slices, 2 sprigs of thyme, 1 tsp of butter, and 1 Tbsp of wine, layering in order.
5. Fold the parchment paper around the edges tightly in ¼-inch folds to create a half moon shape. Make sure you press as you crimp and fold to seal the packets well, otherwise the steam will escape.
6. Arrange the packets on a baking sheet. Bake until the fish is cooked through, about 12 minutes, depending on the thickness of the fish.
7. To serve, cut open the packets and serve directly in the parchment on a plate or remove the fish to the plate using a spatula. Be sure you don't leave the juices behind.

Nutrition Facts	
Serving Size: 1 packet	
Servings: 1	
Amount Per Serving	
Calories 190	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 3.5g	17%
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 390mg	<b>16%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 2g	8%
Sugars 3g	
<b>Protein</b> 15g	
Vitamin A 70%	• Vitamin C 40%
Calcium 6%	• Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

