

FISH BAKED
WITH SUMMER
SQUASH,
ONION AND
HERBS

- 2 tsp. vegetable oil
1 lb. orange roughy, cod or other firm, white fish fillets
2 medium onions, *thinly sliced*
2 medium zucchini, *thinly sliced*
2 medium yellow squash, *thinly sliced*
1/3 cup freshly squeezed lemon juice
1 tsp. salt
1/2 tsp. freshly ground pepper
3 T freshly chopped herbs - *any combination of*
thyme, tarragon, chives, parsley, dill
lemon wedges to garnish

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Preheat the oven to 400°F. Coat the bottom of a 9 x 12- inch ovenproof baking dish with the oil. Spread half the sliced onion, zucchini and yellow squash over the bottom of the dish. Lay the fish fillets on top of the vegetables. Cover the fish with the remaining onions and squash. Sprinkle the lemon juice over the dish and then the salt and pepper. Cover tightly with aluminum foil. Bake the fish for about 45 minutes, until the fish is firm and opaque and the vegetables are tender. Just before serving sprinkle the herbs over the top. Serve with lemon wedges. Serves 4.

NUTRITIONAL INFORMATION PER SERVING:

Calories	220	Total Fat	8g
Carbohydrates	13g	Saturated Fat	1g
Protein	25g	Sodium	488mg
Cholesterol	65mg	Dietary Fiber	4g