

# WHITE FISH EN PAPILOTE WITH VEGGIES

SERVES 6

## INGREDIENTS

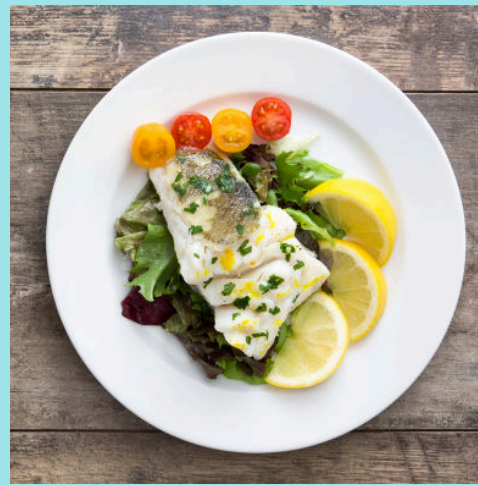
30 oz white fish fillet, (4-6 oz each)  
2 tsp oil, for drizzling  
4 cloves garlic, thinly sliced  
1 1/2 cup zucchini, fine julienne  
1 1/2 cup carrots, fine julienne  
1 1/2 cup fennel, julienne  
3 tbsp oregano leaves, fresh  
3/4 cup black olives, pitted, Cured  
3 tbsp butter, optional  
3 tbsp parsley, minced

## DIRECTIONS

Preheat oven to 400 degrees  
Cut out 6 pieces of parchment paper into the shape of a large heart or portion into appropriate sized rectangle  
Season fish fillets with salt and pepper on each side  
Place a couple of tablespoons vegetables, garlic, olives, and herbs onto one half of the parchment paper  
Add a piece of fish on top of the veggies and finish off with a drizzle of oil, salt, and pepper  
Fold over the parchment paper and crimp the edges together tightly. Place on a sheet tray and bakke in the oven for about 10-12 minutes (depending on the thickness of the fish fillets) until done.  
Open the packets, garnish with parsley, and serve.

## HEALTH BENEFITS

*FISH is a high-protein, low-fat food that provides a range of health benefits. White-fleshed fish, in particular, is lower in fat than any other source of animal protein, and oily fish are high in omega-3 fatty acids.*



*GARLIC contains antioxidants that protect against cell damage and aging. It is rich in vitamin C, vitamin B6, and manganese, as well as the powerful antioxidant glutathione, which has been shown to alleviate autoimmune diseases.*

*PARSLEY is an excellent source of vitamin C, which is an important nutrient in the processes that neutralize the free radicals that play a key role in the development of many diseases.*