Another Great Recipe from

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Fish in Foil – Baked or Grilled

Ingredients:

• 4 fish fillets, about 5 oz each frozen or fresh - If frozen do not thaw unless you are using those big blocks of cod.
• 4 tsp olive oil
• salt and fresh pepper, to taste
• 4 sprigs fresh herbs or a shake of dried (parsley, rosemary, oregano)
• 1 lemon, sliced thin
• cut vegetables to your taste (mushrooms, zucchini, peppers, onion, cherry tomatoes - whatever you have – whatever you like.
• 4 large pieces aluminum foil, about 18 to 20 inches long

Directions:

• Place one filet in the center of each piece of foil
• Season with salt and pepper and drizzle with olive oil.
• Place a slice of lemon and 1/4 of your vegetables on top of each piece of fish, then a sprig of herbs or a shake of the dried on each.
• Fold up the edges so that it’s completely sealed and no steam will escape, creating a loose tent.

For the oven – heat to 350 and put your foil packets in cook till the fish is opaque and cooked through. – depending on the size of the filet around 10 – 15 minutes at around the 10 minute mark open the packets so that the veggies get nice and browned on the edges.

For the Grill – use indirect heat I you have burners, heat half of the grill (on one side) on high heat with the cover closed. Or stack your coals to one side. When the grill is hot, place the foil packets on the side of the grill over the unlit burners (or the side with no coals and close the grill. Depending on the thickness of your fish, cook 10 to 15 minutes, or until fish is done (opaque... cooked through. You can open the foil and let cook some more to crisp up the veggies.

Cynthia Says: I leave out the lemon and I feel better about doneness if the fish is a little brown on the edges. You can also save yourself the veggie cutting if you douse with salsa! Also you can never have enough CHEESE – sprinkle or grate up some parmesan – add some feta or blue for a different kick. WHITE wine! Remember what I told you about red with fish! Spicy Food, Fish and Wine.