

Eye Healthy Fish EN PAPILOTE

MAKES 4-6 SERVINGS



FEATURING

Omega-3 fats in fish - Omega-3 fatty acids are important in retinal development and studies have shown that they are important in preserving vision. Omega 3-fatty acids have been shown to slow the progression of vision loss from macular degeneration and reverse the signs of dry eye syndrome. They also help proper drainage of intraocular fluid from the eye, decreasing the risk of high eye pressure and glaucoma. Aim for at least 2 fish meals per week!

En Papillote translates to “in parchment”. This classic French cooking method sounds fussier than it actually is. It’s a very healthy way to cook fish and is super easy clean-up! Plus kids love personalizing their meals and cutting heart shapes out of parchment!

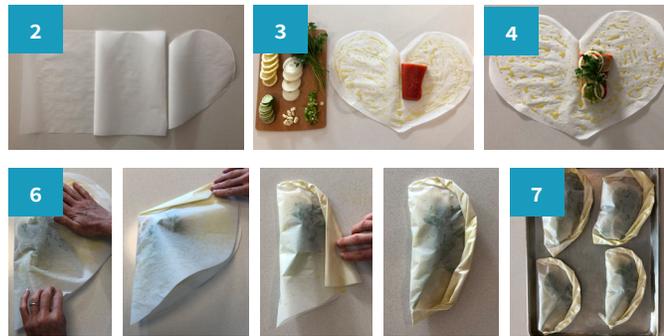


INGREDIENTS

- 4 fish fillets (3 to 8 oz portions of your favourite fish for example: salmon, sole, or halibut)
- 3 tbsp Olive oil
- Lemon and/or lime, sliced

OTHER OPTIONS TO INCLUDE WITH THE FISH IN THE PARCHMENT PACKAGE:

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| garlic | olives and/or capers | Freshly ground pepper, as desired |
| onion: red, white or yellow, sliced | fresh herbs like parsley, basil, cilantro, or thyme | Salt, as little as you can enjoy! |
| green onion, chopped | Your imagination is the limit! | Parchment Paper |
| bell peppers, julienned | | |



METHOD

1. Preheat oven to 375 degrees fahrenheit.
2. Cut 4 pieces of parchment paper (~15x20inches or 38x50cm each). Fold in half and cut a large half circle (half heart) starting at the fold. They parchment should look similar to a heart-shape when unfolded.
3. Brush each piece of parchment with olive oil.
4. Place 1 fish fillet next to the fold in the middle of the parchment paper. Brush fish with olive oil. Sprinkle fish with freshly ground pepper (as desired) and salt (as little as you can enjoy!).
5. Cover top of fish with lemon and/or lime slices; add desired options on top of fish. (I used sliced lemons/limes/yellow onion/ green onion/garlic/and italian parsley in the photos)
6. Fold the other half of the parchment heart over the fish and seal the parchment edge by making overlapping folds around the edge of the fish. At the end, fold the last crease in the opposite direction of the rest to ensure it seals and tuck it under the parchment package.
7. Repeat with the second, third, and fourth piece of prepared parchment, fish, and remaining ingredients. Place pouches on a baking sheet.
8. Bake in the preheated oven for 15 minutes. Remove from oven and allow to sit for 5 minutes before cutting open parchment. The fish is done when it flakes easily with a fork. Delicious served with steamed and/or raw veggies and whole grain bread.