Foil Fish Bake

Yields 4 servings

Ingredients

- 4 fresh lake trout, mackerel, or other whole white fish (2 pounds in all)
- 2 Tbsp margarine
- 1/2 cup chopped parsley
- 1/2 cup chopped dill sprigs
- 1/4 cup chopped chives
- 1/4 cup chopped onion
- 2 Tbsp lemon juice
- Freshly ground black pepper

Instructions

1. Clean and rinse fish; allow to drain.
2. Make stuffing: Mix together margarine, parsley, dill sprigs, chives, onion, lemon juice, and pepper.
3. Stuff each fish with the herb mixture and wrap each fish separately in aluminum foil, sealing the edges carefully.
4. Bake at 400°F for 20 minutes.
5. Unwrap, remove to a hot platter, and garnish with parsley and lemon slices.

FOIL FISH BAKE

4 fresh lake trout, mackerel or other whole white fish (2 pounds in all)
2 tablespoons margarine
½ cup chopped parsley
½ cup chopped dill sprigs
¼ cup chopped chives
¼ cup chopped onion
2 tablespoons lemon juice
freshly ground black pepper

Clean and rinse fish; allow to drain. Make stuffing: Mix together margarine, parsley, dill sprigs, chives, onion, lemon juice and pepper. Stuff and wrap each fish separately in aluminum foil, sealing the edges carefully. Bake at 400°F. for 20 minutes. Unwrap, remove to a hot platter, garnish with parsley and lemon slices.

Yield: 4 servings
Approx. cal/serv.: 220

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