

## Simple Baked Fish

Serves 4

1 pound any firm white fish, i.e. flounder, sole, snapper  
1 lemon, sliced  
1-2 tomatoes, sliced  
Fresh dill sprigs or tsp dried crushed dill  
1 small onion, sliced

Preheat oven to 350 degrees.  
Place two large pieces of aluminum foil on a baking sheet.  
Place half of the lemon slices on each piece of foil.  
Place half of the fish in a single layer on each piece of foil.  
On top of the fish, place onion slices, tomato slices and dill sprigs.  
Wrap foil to enclose fish and seal well.  
Bake for 12-15 minutes or until fish easily flakes with a fork.

Per serving:  
130 calories  
7.7g carbohydrates  
1.6g fat  
0.3g sat fat  
22.4g protein  
97mg sodium  
54.4mg cholesterol

If desired, combine the following for a dill sauce and serve on the side  
1/3 cup fat free or low fat mayonnaise  
1 garlic clove minced  
1/2 tsp lemon juice  
1/2 tsp minced onion  
1/2 tsp minced fresh dill or a pinch of dried crushed dill  
Pinch ground pepper