

fish baked in bags

Serves: 4

Prep and Cook time: 20 min

Per serving: 184 calories, 8.2 g fat, 646 mg sodium

4 (3 to 4 oz) fillets sole or trout
1/2 cup crushed pineapple

2 TBS olive oil

8 tsp soy sauce

1. Preheat oven to 400° F.
2. Cut 4 large squares of aluminum foil approximately 4x4 inches. Brush center of foil lightly with olive oil. Place a fish fillet in the center of each square. Drizzle 2 tsp of soy sauce and place 2 TBS crushed pineapple on top of each fillet. Carefully fold foil into envelope, making sure the edges are all closed.
3. Place packets on a cookie sheet. Bake 12 minutes. Serve immediately, either in the foil envelopes or removed with sauce in bag to individual plates. Be careful opening these foil envelopes, the steam is hot!