

# Make Your Own Fish in Parchment

Baking fish in a packet made of parchment paper or foil has several advantages. You can cook with no added fat; cleanup is easy; and the permutations are endless. And if you're watching your weight, this method provides built-in portion control.

**For one portion (to multiply as necessary):**

Preheat the oven to 450° F. Pick your ingredients from each of the five categories below. Follow these basic instructions: Cut a sheet (12 x 18 inches) of parchment paper or foil. With a short side of the parchment or foil facing you, place the **STARCH** about 3 inches from the bottom edge. Place the **FISH** fillet on top and cover it with 2 thin orange or lemon slices. Top with 1 or 2 **VEGETABLES**, 1 or 2 **SEASONINGS**, 1/4 teaspoon salt, and 1 or 2 **AROMATICS**. Fold the parchment or foil over the ingredients and fold in the edges to seal (if using parchment, be sure to leave a bit of headroom for the steam). Place the packet on a baking sheet and bake for 10 minutes.

The ordinary test for doneness—checking to see if the fish flesh pulls apart in flakes but is still moist—is not practical when you're cooking in a sealed packet. If the packet is parchment, by the time it puffs up, the fish will be done. Foil, on the other hand, does not puff, so you'll have to open the packet (watch out for the steam) to check for doneness. If the fish is almost done, the residual heat will probably cook it the rest of the way. However, if it's really underdone, reseal the packet and bake another 5 minutes before checking.

The fish listed below are rich in heart-healthy omega-3s and also low to moderate in mercury, which is a concern with many types of fish. For the most healthful meal, buy exactly what is described. And don't stick to one type of fish; vary your intake. Use this mercury calculator <http://www.nrdc.org/health/effects/mercury/calculator/start.asp>

Starches 1/2 cup cooked	Fish 6 oz. skinless fillet	Vegetables 1/2 cup (or 1/4 cup each of 2 vegetables)	Seasonings	Aromatics
Potatoes, thinly sliced	Arctic char (farmed)	Mushrooms, chopped	Reduced-sodium soy sauce, 2 tsp	Fresh basil, 2 Tbsp chopped
White or brown rice	Black sea bass	Tomatoes, chopped	Fresh lemon juice or lime juice, 1 Tbsp	Fresh dill, 2 Tbsp chopped
Sweet potatoes, thinly sliced	Barramundi (U.S. farmed)	Carrots + leeks, cut in matchsticks	Salsa, reduced sodium or homemade, 2 Tbsp	Fresh parsley, 2 Tbsp chopped
Couscous	Pacific halibut	Broccoli, shredded + red bell pepper matchsticks	Louisiana-style hot pepper sauce, 1/2 tsp	Fresh mint, 2 Tbsp chopped
Bulgur	Rainbow trout (farmed)	Zucchini and/or yellow squash, shredded	Balsamic vinegar, 1 Tbsp	Cilantro, 2 Tbsp chopped
Small pasta shapes	Salmon (wild-caught Alaskan or freshwater Coho)	Snow peas or sugar snap peas, halved crosswise	White wine, 2 Tbsp	Garlic, 1 clove minced