



**Cornell University Wellness Program  
4 Easy Dinners – March 11, 2016**

**Fish en Papillote with Vegetables**

1 skinless fish fillet, approx.6 ounces (i.e. salmon, tilapia, cod, halibut)  
1/4 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
1/4 cup fine julienne of zucchini, about 3 inches long  
1/4 cup fine julienne of carrot, about 3 inches long  
1/4 cup very thin slices of fresh shiitake mushroom (optional)  
Whole leaves of flat-leaf parsley, about 10 (optional)  
1 tsp unsalted butter

Parchment Paper

Make 1 “papillote” per person.

1. Preheat the oven to 425 degrees F.
2. Fold the paper in half. Season both sides of the fillet with half the salt and pepper and place it in the center of one half of the parchment sheet. Scatter the slivered vegetables and the parsley leaves over and around the fillet, dot the top with butter, and season with the remaining salt and pepper.
3. Fold and inflate the parchment casing. After arranging the salmon and vegetables in the center of one half of the parchment paper, fold the other half over.
4. Start at one end to and pleat the paper along the edge. Continue folding and pleating the edge, making a half circle. To secure the folds, press down firmly with the edge of a cup, rubbing it back and forth over the pleats. Twist closed after last fold.
5. Set the package on the cookie sheet and bake 8 minutes for a thin fillet (less than an inch) or 10 minutes for a thick fillet (1 inch or more).
6. To serve, carefully transfer the package to a dinner plate and simply unfold or cut the parchment open. If you’d rather remove the package before eating, cut or tear the paper alongside the fillet, and slide it right onto the plate.

Nutrition information per recipe:

Salmon: 379 calories, 25 gm fat, 35 gm protein, 3 gm carbs

Halibut: 237 calories, 7 gm fat, 39 gm protein, 3 gm carbs