

Hobo Halibut Dinner

(prep time: 15mins cooking time: 30mins)

INGREDIENTS

1. 1 teaspoon salt-free lemon-pepper seasoning
2. ½ teaspoon salt
3. ½ teaspoon dried dillweed
4. 4 small baking potatoes, thinly sliced
5. 3 cups thinly sliced onion (about 2 medium)
6. 1 cup thinly sliced carrot (about 2 medium)
7. 4 4oz Halibut fillets (or any firm white fish)
- Cooking spray



INSTRUCTIONS

1. Coat one side of 4 (18-inch) squares of heavy-duty aluminum foil with cooking spray
2. Combine lemon-pepper seasoning, salt, and dillweed
3. Arrange potato slices evenly in centers of coated foil squares. Sprinkle potato with one-third of seasoning mixture
4. Place onion over potato; sprinkle with one-half of remaining seasoning mixture
5. Top with carrot slices, and sprinkle with remaining seasoning mixture
6. Place fish over top of vegetables
7. Fold foil over fish and vegetables, crimp edges to seal
8. Place foil packets on a baking sheet. Bake at 450° for 30-35 minutes or until fish flakes easily when tested with a fork

NUTRITION

<i>Servings</i>	4 servings
<i>PER SERVING:</i>	
<i>Calories:</i>	268
<i>Fat:</i>	3.2g
<i>Sodium:</i>	378mg
<i>Carbohydrates:</i>	32g
<i>Fiber:</i>	5.1g
<i>Protein:</i>	27.8g
<i>Cholesterol:</i>	53mg



