FISH IN PARCHMENT

1 8 OZ PACKAGE SKINNY GREEN BEANS

1 RED BELL PEPPER THINLY SLICED

½ RED ONION, THINLY SLICED

2 LARGE TOMATOES, CHOPPED

2 TBLS. CAPERS, DRAINED

1/3 CUP GREEN, STUFFED OLIVES, QUARTERED

¼ CUP GRATED ASIAGO CHEESE

PARCHMENT PAPER

4 (4 TO 5 OZ.) FRESH WHITE FISH

(SUCH AS HALIBUT, FLOUNDER OR GROUPER)

1 TSP. SALT

½ TSP. PEPPER

2 TBLS. OLIVE OIL

1 LEMON QUARTERED

¼ CUP TORN BASIL

PREHEAT OVEN TO 400 DEGREES. DIVIDE FIRST **7** INGREDIENTS AMONG 4 (17 INCH) SQUARES

OF PARCHMENT PAPER. TOP EACH W/ ONE FISH FILLET. SPRINKLE FISH WITH SALT AND PEPPER;

DRIZZLE WITH OLIVE OIL. SQUEEZE JUICE FROM LEMON OVER FISH.

BRING PARCHMENT PAPER SIDES UP OVER MIXTURE; DOUBLE FOLD TOP AND SIDES TO SEAL, MAKING PACKETS. PLACE PACKETS ON A BAKING SHEET

BAKE AT 400 DEGREES FOR 15 TO 20 MINUTES OR UNTIL A THERMOMETER REGISTERS 140 TO 145 DEGREES WHEN INSERTED THROUGH PAPER INTO FISH. PLACE EACH PACKET ON A PLATE, AND CUT OPEN. SPRINKLE FISH WITH BASIL. SERVE IMMEDIATELY.