



Parchment-Baked Halibut

Let's begin by gathering our ingredients for Parchment-Baked Halibut:

Ingredients:

parchment paper
cooking spray
2 pounds halibut fillets
1/4 cup pesto
1 cup shredded carrots
1 cup shredded zucchini
salt
pepper
4 teaspoons olive oil
4 teaspoons dry white wine

Preheat oven to 450°. Cut parchment paper into heart shapes.

Unfold parchment heart, and coat lightly with cooking spray, leaving a 2-inch border ungreased at edge.

Cut halibut in half pound pieces. Place fillet on one side of parchment so that it doesn't touch the fold or the border. Spread 1 tablespoon pesto over fillet; top with 1/4 cup carrot and 1/4 cup zucchini. Sprinkle with salt and pepper. Drizzle fillet with 1 teaspoon oil and 1 teaspoon wine.

Fold paper; seal edges with narrow folds. Repeat with the remaining parchment paper, fish, and vegetables.

Place packets on baking sheets. Bake at 450° for 15 minutes or until puffy and lightly browned. To serve, open packets and transfer the fillets with their vegetable topping to plates; pour juices over top. Or serve right in packets; carefully transfer to plates and pierce each to allow steam to escape.

Plate to serve. Enjoy!

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