

Low-fat Fish Grilled in Foil

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Ingredients

1 lb. cod fillets (or other light, white fish)
2 Tbls. butter
1/4 cup lemon juice
1 Tbls. chopped fresh parsley
1 tsp. salt
1/4 tsp. black pepper
1/4 tsp. paprika OR cayenne pepper
1 med. onion – thinly sliced

Directions

Cut heavy aluminum foil into 4 large squares.

Place equal portions of fish fillets on each piece of foil.

Melt butter, then stir in lemon juice, parsley, salt, and pepper.

Pour butter mixture over fish, sprinkle with paprika, top with onion slices.

Fold the foil around the fish and seal.

Grill for 5-7 minutes per side. Fish should flake easily when done.