



FISH IN PAPER

1 SHEET PARCHMENT PAPER
6OZ OF YOUR FAVORITE FISH - SALMON, SNAPPER OR SCALLOPS
1OZ. JULIENNE VEGGIES
1OZ. SUMMER SQUASH
1OZ. JICAMA
1OZ. CARROTS
TEASPOON HERBED BUTTER
SALT AND PEPPER TO TASTE

FOLD PARCHMENT PAPER IN HALF AND CUT THE SHAPE OF HALF A HEART AT THE FOLD SO THAT WHEN YOU OPEN THE PAPER, YOU WILL HAVE THE CUTOUT OF A HEART.

PLACE THE FISH ON ONE HALF OF THE PARCHMENT PAPER AND LAYER THE REST OF THE INGREDIENTS ON THE OTHER SIDE IN THE ORDER THEY ARE LISTED.

FOLD THE EDGE OF THE PAPER A LITTLE AT A TIME UNTIL YOU HAVE SECURED THE FISH AND ALL THE GOODIES INSIDE.

PLACE ON SHEET PAN AND BAKE AT 350 DEGREES FOR ABOUT 20 MINUTES.

PLACE PACKAGE ON A PLATE AND CUT OPEN, BEING CAREFUL NOT TO GET BURNED WITH THE STEAM.

YOU CAN MAKE THIS FISH IN PAPER UP TO A DAY AHEAD OF TIME AND BAKE WHEN YOU ARE READY TO SERVE GUESTS.

