



*This simple fish recipe is perfect for balancing the delicate flavors of Greece while incorporating many of the Pillars of the Greek Diet, with the added bonus of a beautiful presentation! Serve this with some simply steamed wild greens and/or some wild rice for a perfectly balanced meal.*

## INGREDIENTS

Extra-virgin olive oil as needed  
1 lemon, thinly sliced  
Two 4-ounce portions fish fillet (such as cod, halibut, or salmon)  
Salt and freshly ground black pepper  
½ pint grape tomatoes  
1 garlic clove, thinly sliced  
3 sprigs of fresh thyme or herb of your choice

## COOK'S NOTES

Tailor this recipe to your taste! The key here is to enjoy what you're making, not follow a recipe line by line!

Add some spinach or wild greens as a bed underneath the lemons, so the fish and the greens get some of the lemon flavor!

If you can't find fresh produce, use canned/boxed/jarred products – there are fantastic pantry options & anything goes!

## Method:

Preheat the oven to 400°F.

Line a baking sheet with foil, and drizzle the foil with a little olive oil. Fold a piece of parchment paper in half, center it on top of the foil, and arrange the lemon slices on one half as a bed for the fish fillets.

Liberally season the fish fillets with salt and pepper and arrange them in a single layer on the lemon slices. Top the fish with the tomatoes, garlic, and thyme, and drizzle with 5 tablespoons of olive oil.

Fold the parchment over the fish. Crimp the longer edges of parchment paper together to seal. Roll the 2 shorter edges of the parchment toward the middle so that the fish is fully enclosed in a parchment package. Rub a little olive oil on the outside of the parchment paper.

Bake the fish for 13 to 16 minutes, or until the parchment paper puffs up. Serve the fish in their parchment packages.

Enjoy!