

## **Red Snapper in Parchment**

Sandra Lee Semi-Homemade Quick & Easy Cooking - July/August 2011

**Servings: 6**

**Preparation Time: 40 minutes**

**Bake Time: 20 minutes**

**Parchment Paper**

**18 thin lemon slices**

**6 5-ounce red snapper fillets, skinned**

**1 teaspoon salt**

**3/4 teaspoon ground black pepper**

**2 cups red and yellow bell peppers, thinly sliced**

**6 tablespoons dry white wine**

**2 tablespoons olive oil**

**2 tablespoons butter**

**fresh parsley (for garnish), chopped**

**lemon wedges (for garnish)**

Preheat oven to 375 degrees.

Cut six large hearts out of parchment paper, about 14 inches wide.

Place three lemon slices in the center of one side of each heart. Top each with one fillet. Sprinkle with salt and pepper.

Evenly arrange the bell pepper slices over the fillets. Top each with one tablespoon of the wine, one teaspoon of the oil and one teaspoon of butter.

Fold the extra side of the parchment over the fish.

Starting at the top, fold the edges of the paper over, crimping as you go. Twist the end of the parchment at least three times. Tuck under to secure.

Place the packets on baking sheets.

Bake for 20 minutes or until the paper is puffed and lightly browned.

Place on serving plates and carefully open.

Garnish with the parsley and lemon wedges, if desired.

Serve immediately.

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Per Serving (excluding unknown items): 89 Calories; 8g Fat (87.0% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 396mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 1 1/2 Fat.