



Tilapia Fillets with Dill and Citrus

1-1/2 Pounds tilapia fillets
3 Tablespoons olive oil
3 Tablespoons white wine vinegar
3 Tablespoons chopped green onions
1 Teaspoon chopped fresh dill
1 Teaspoon shredded citrus peel
About 3 Tablespoons melted butter

- 1) Cut 4 pieces of parchment, each about 6 inches longer than the seafood and 4 times as wide as the narrow side.
- 2) About 1 inch from the long edge, brush each piece with about 2 teaspoons of melted butter, covering an area the size of the seafood. Center the fish on the buttered area.
- 3) Drizzle with one quarter of the oil mixture and season with salt and pepper.
- 4) Fold parchment into packets, brush lightly with oil and bake in a 500 degree oven for 7-10 minutes.

