Fish in Foil Recipe



This fish recipe is a favorite of folks here at our summer guest ranch. Family and friends also like the fact that it's nutritious as well as flavorful.—Bill Davis, Casper, Wyoming

**TOTAL TIME:**Prep/Total Time: 25 min.**YIELD:**1 servings

**Ingredients**

* 1 halibut steak (6 ounces)
* 4 medium mushrooms
* 2 cherry tomatoes, halved
* 2 lemon slices
* 1/2 medium green pepper, sliced
* 1/4 cup diet Mountain Dew
* Crushed pepper

**Directions**

* **1.** Place fish in the center of a 20-in. x 14-in. piece of heavy-duty foil. Place mushrooms, tomatoes, lemon and green pepper around fish. Fold edges of oil up; pour soda over fish. Fold foil to seal tightly.
* **2.** Bake at 375° for 20-25 minutes or until fish flakes easily with a fork. Open foil carefully to allow steam to escape. Sprinkle with pepper. **Yield:**1 serving.

**Nutritional Facts**

1 each: 205 calories, 4g fat (0 saturated fat), 49mg cholesterol, 95mg sodium, 8g carbohydrate (0 sugars, 0 fiber), 34g protein. **Diabetic Exchanges:**4 lean meat, 1-1/2 vegetable.