

Healthy Cooking Made Easy



Cooking fish and veggies in parchment paper helps seal in moisture, flavor and nutrients without the extra grease.

(NAPSA)—Eating healthy doesn't have to be bland or boring.

To add fun and nutrition to your plate, just brush up on some simple French such as "en papillote," a method of cooking where food is wrapped in a packet made from parchment paper. Because you're cooking right on the parchment paper, there is no need to add any extra grease. En papillote allows food to steam in its own juices, capturing flavor and nutrients. Plus, cleanup is a breeze.

Surprisingly simple, en papillote is an easy way to keep fish from drying out and vegetables perfectly cooked. What's more, you can serve the parchment packets right out of the oven for an elegant and aromatic table presentation.

Try this easy, delicious salmon recipe and visit www.reynoldsparchment.com for more recipes and step-by-step instructions for en papillote cooking.

Salmon en Papillote

Serves 4

Reynolds Parchment Paper

- 1 tsp. tarragon leaves
- 2 cloves garlic, minced
- 1 tsp. grated lemon peel
- ½ tsp. seasoned salt
- ¼ tsp. pepper

- 1 pound fresh asparagus
- 4 salmon fillets (4 to 6 oz. each)
- 4 lemon slices

Preheat oven to 400°F.

Mix tarragon, garlic, lemon peel, seasoned salt and pepper in a small bowl.

Tear off four 15-inch sheets of Reynolds Parchment Paper. Fold each sheet in half and crease it in the center. Unfold.

Place ¼ of asparagus evenly on ½ of each sheet near crease. Place salmon fillet on top of asparagus. Spread each fillet with ¼ of herb mixture. Top each fillet with a lemon slice. Drizzle ¼ tsp. olive oil over fish, if desired, for more intense flavor.

Fold over other half of sheet to enclose ingredients. Starting at top corner, make small overlapping folds down entire length of packet to seal edges together. Twist the last fold several times to make a tight seal. Repeat to make 4 packets. Place parchment packets on a large cookie sheet.

Bake 18 to 20 minutes. Place packets on plates. Carefully cut an X in top of each packet to allow steam to escape. Serve immediately.