



## LESSON 4

### SEAFOOD TIPS: SELECTING, BUYING, HANDLING, STORING, AND COOKING

#### ACTIVITY:

#### MAKING FOILED FISH IN A FLASH

- 1 fish fillet (trout, salmon, or tuna)
- 1 tablespoon of lemon juice
- Fresh or dried herbs (rosemary, oregano, or dill)
- 1 teaspoon olive oil

Preheat a barbeque grill or frying pan to hot.

Place a fish fillet on each piece of foil and drizzle with olive oil. Sprinkle the fillet with lemon juice and herbs. Fold the foil to seal completely.

Place the foil package on the grill or frying pan and cook for approximately 8 minutes, turning after 4 minutes. Test the fish by flaking the thickest part of the fillet with a fork. If the flesh is white (or light pink in the case of salmon), the fish is cooked.

Serve the fish with steamed vegetables or salad on a bed of your favorite rice.

Approximate preparation time: 10 minutes; approximate cooking time: 8 minutes.

\*Recipe from Healthy Eating Club, <http://www.healthyeatingclub.org>