

**Parchment Baked Fish** (Light & Delicious, Main Courses)

- 1 Tbsp. capers
- 1 to 2 Tbsp. Halladay's Dilly Herb Seasoning
- 2 Tbsp. lemon juice
- 1 fennel bulb, thinly sliced lengthwise
- 2 (6 oz.) filets of sole or flounder

Preheat oven to 400°F. Combine capers, seasoning and lemon. Cut two pieces of parchment and place 1/4 of fennel on each. Place packets on a baking sheet; bake for 12-15 minutes.