

DOITONADIME'S

NO CLEAN-UP FISH DINNER

INGREDIENTS:

Talapia, Salmon or Scallops

Bag of Spinach

Olive Oil

1 can white beans (any type)

Onion

Parchment Paper

Broccoli/Asparagus/Broccolini

Olde Bay Seasoning

Serves 4-6

DIRECTIONS:

Take a 6-8 inch square of parchment paper. Pile on spinach, generous scoop of white beans, skinless fish, and season with Olde Bay seasoning. Add chopped onion, vegetable of choice, and drizzle with olive oil. Fold up sides of parchment paper and create a bag. Bake at 400 degrees for 20 minutes on a baking sheet. Open and serve! No clean up!