
Herbed Sea Bass

The Windsor Family Cookbook
Windsor Vineyards - Windsor, CA

Servings: 4

4 sea bass fillets (or other firm, white fish)
4 rectangles aluminum foil, approximately 6x9 inches
1 large yellow onion
2 cloves garlic, chopped
1/2 cup olive oil
1 lemon
1 tablespoon dried tarragon
1 tablespoon dried basil
salt (to taste)
pepper (to taste)

Preheat the oven to 350 degrees. Wash the fish and pat dry. Place one piece of bass on each of the four foil rectangles. Slice the onion into rings and distribute the onion and garlic equally over each of the fish pieces. Drizzle the olive oil and squeeze the lemon equally over each fillet. Sprinkle each piece with the herbs. Salt and pepper to taste.

Wrap the fillets loosely in the foil, sealing carefully at the top. Place on a cookie sheet.

Bake in a 350 degree oven for 20 minutes to one hour, depending on the thickness of the fish. (To check for doneness, open one packet carefully along the seal and cut into the fish. There will be steam so do not burn yourself.)

Seafood

Per Serving (excluding unknown items): 261 Calories; 27g Fat (90.1% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 5 1/2 Fat.