



So-Fancy Fish Pack



Entire recipe: 205 calories, 4g total fat (1g sat fat), 412mg sodium, 6g carbs, 2.75g fiber, 3g sugars, 35g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Purple Plan [SmartPoints](#)® value 1*

Prep: 10 minutes **Cook:** 15 minutes



More: [Lunch & Dinner Recipes](#), [Single Serving](#)

Ingredients

1 tsp. light whipped butter or light buttery spread
1/2 tsp. chopped fresh parsley
1/2 tsp. crushed garlic
1/8 tsp. salt
8 thin (or 6 thick) asparagus stalks, tough ends removed
One 6-oz. raw tilapia fillet
2 slices lemon

Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

In a small bowl, mix butter, parsley, garlic, and salt.

Line up asparagus stalks on the center of the foil and top with fish. Spread with butter mixture and top with lemon slices. Cover with another large piece of foil.

Fold together and seal all four edges of the foil pieces, forming a well-sealed packet. Bake for 15 minutes, or until fish is cooked through and asparagus is tender.

Cut packet to release steam before opening entirely. Eat!

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.