



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

[Click for WW Points® value*](#)

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

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

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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.