



## Rosemary and Lavender Sea Bass

### INGREDIENTS:

1/2	Red onion, julienned
4 oz.	Sea Bass
1/4 cup	White wine
1 tsp	Lavender
1 tsp	Rosemary, fresh, minced
Pinch	Salt
Pinch	Pepper

### PREPARATION:

- Pre-heat oven to 375° F.
- On a large sheet of foil, place julienne (thinly sliced) onions.
- Lay Sea Bass on top of the onions.
- Bring up the sides of the foil.
- Pour white wine over the fish.
- Season with lavender, rosemary, salt, and pepper.
- Roll all sides of foil together to make a baking pouch.
- Bake in oven for 15-20 minutes, depending on the size of the Sea Bass and the thickness of the fillet.

**\*\*Chef's note:** Rosemary and Lavender is great with any fish. Substitute Sea Bass with your favorite fish and enjoy! Remember the calorie count will vary depending on the type of fish used.

### Calorie count with 4 oz. of Sea Bass

Number of servings:	1
Serving size:	1 fillet
Calories:	160
Fat grams:	3

BROUGHT TO YOU BY

*Hilton Head Health*



14 VALENCIA ROAD HILTON HEAD ISLAND, SC 29928 // 800.292.2440 // HHHEALTH.COM