



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

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