Simple Whitefish with lemon & herbs

Ingredients
4 white fish fillets, about 1 1/2 lbs total (cod, halibut, etc.--I used haddock)
4 cloves garlic, minced
1 teaspoon dried rosemary or 4 teaspoons fresh rosemary leaves, crushed
1/4 teaspoon white pepper or 1/4 teaspoon black pepper
1/4 teaspoon salt
1 tablespoon olive oil
1 large lemon, thinly sliced, seeded, end pieces discarded

Directions:
〜 Preheat oven to 450 F and place a heavy baking sheet in oven to preheat as well.
〜 Cut 4 large rectangles of foil or parchment paper and place a fish fillet in the center of each piece.
〜 Combine remaining ingredients except lemon slices in a small bowl and stir well.
〜 Spread mixture evenly over fish, scatter lemon slices on top, and fold the edges of the foil or paper up over each fillet, crimping edges tightly.
〜 Place packaged fish on preheated baking sheet and bake 13-15 minutes, until fish is just cooked through.
〜 Serve fish in packages.

Servings: 4
Prep Time: 10 Mins
Cook Time: 13 Mins
Ready Time: 23 Mins
**Simple Herb Rice**

**Ingredients**
- 1/4 cup chopped onion
- 2 tablespoons butter or margarine
- 3 chicken bouillon cubes
- 2 cups boiling water
- 2 cups instant rice
- 2 tablespoons dried parsley flakes
- 1/2 teaspoon rubbed sage
- 1/4 teaspoon celery salt

**Directions**

In a skillet, sauté onion in butter until tender. Dissolve bouillon in boiling water; add to the skillet. Stir in rice, parsley, sage and celery salt if desired. Bring to a boil. Reduce heat; cover and simmer for 5-8 minutes or until rice is tender.

**Fresh Herb Dip**

**Ingredients**
- 3/4 cup fat-free mayonnaise
- 3/4 cup reduced-fat sour cream
- 1/4 cup minced fresh parsley
- 1/4 cup minced fresh chives
- 2 tablespoons minced fresh tarragon
- 1 tablespoon lemon juice
- 2 teaspoons minced garlic
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

**Assorted fresh vegetables**

**Directions**

- In a bowl, combine the first nine ingredients; mix well. Cover and refrigerate for 1 hour. Serve with fresh vegetables. uncooked turkey. Pour water into the bottom of the roasting pan, and cover.
- Bake for 3 to 3 1/2 hours, or until the internal temperature of the thickest part of the thigh measures 180 degrees F (82 degrees C). Remove bird from oven, and allow to stand for about 30 minutes before carving.
**Herb Butter**

**Ingredients**
- 4 tablespoons unsalted butter, softened
- 2 tablespoons fresh herb leaves, rinsed, dried, and very finely chopped (use a single herb or a mix of favorites)
- Pinch of sea salt (optional)

**Preparation:**
- Place the butter in a small bowl. Add the herbs (and salt, if using) and mix together with a fork until the butter and herbs are well-combined.
- Transfer the butter to a small ramekin to serve. If you prefer, cover and chill until firm. Butter may also be placed on wax or parchment paper, wrapped and shaped into a log, and frozen for later use.

**Easy Herb Roasted Turkey**

**Ingredients**
- 1 (12 pound) whole turkey
- 3/4 cup olive oil
- 2 tablespoons garlic powder
- 2 teaspoons dried basil
- 1 teaspoon ground sage
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 cups water

**Directions**
- Preheat oven to 325 degrees F (165 degrees C). Clean turkey (discard giblets and organs), and place in a roasting pan with a lid.
- In a small bowl, combine olive oil, garlic powder, dried basil, ground sage, salt, and black pepper. Using a basting brush, apply the mixture to the outside of the uncooked turkey. Pour water into the bottom of the roasting pan, and cover.
- Bake for 3 to 3 1/2 hours, or until the internal temperature of the thickest part of the thigh measures 180 degrees F (82 degrees C). Remove bird from oven, and allow to stand for about 30 minutes before carving.
**Simple Lemon Herb Chicken**

**Ingredients**
- 2 skinless, boneless chicken breast halves
- 1 lemon
- salt and pepper to taste
- 1 tablespoon olive oil
- 1 pinch dried oregano
- 2 sprigs fresh parsley, for garnish

**Directions**

-cut lemon in half, and squeeze juice from 1/2 lemon on chicken. Season with salt to taste. Let sit while you heat oil in a small skillet over medium low heat.

-When oil is hot, put chicken in skillet. As you sauté chicken, add juice from other 1/2 lemon, pepper to taste, and oregano. Sauté for 5 to 10 minutes each side, or until juices run clear. Serve with parsley for garnish.

**Nutritional Information**

| Amount Per Serving | Calories: 212 | Total Fat: 8.6g | Cholesterol: 68mg |

**Herb Mashed Potatoes**

**Ingredients**
- 6 1/2 cups peeled and cubed potatoes
- 2 garlic cloves, peeled and halved
- 1/2 cup milk
- 1/2 cup sour cream
- 2 tablespoons minced fresh parsley
- 2 tablespoons minced fresh oregano
- 1 tablespoon minced fresh thyme
- 1 tablespoon butter or margarine
- 3/4 teaspoon salt
- 1/4 teaspoon pepper

**Directions**

-Place potatoes and garlic in a large saucepan; cover with water. Bring to a boil over medium-high heat. Cook for 15-20 minutes or until tender; drain. Place potatoes and garlic in a large mixing bowl. Add the remaining ingredients; mash.