

## Lighten Up Your Supper

(NAPSA)—When you want a delicious, healthy meal, and timing is tight—go fish! Garden Fish Fillet balances the delicate flavors of fish, fresh herbs, carrots and grapes. A generous grating of nutty Jarlsberg cheese adds a tasty touch to this simple supper. Cleanup is quick and easy, too.



**Garden Fish Fillet is fast and easy to make and great to eat.**

### Garden Fish Fillet

*(Serves 4)*

- 4 4-ounce pieces boneless white fish fillets**
- 1 tablespoon olive oil**
- 4 tablespoons chopped fresh herbs (dill, tarragon, chives, parsley)**
- 2 cups shredded carrots**
- 1 cup halved seedless green grapes**
- 1 cup (4 ounces) grated Jarlsberg cheese**
- 4 lemon slices**

**Preheat oven to 425°. Coat fillet pieces with olive oil; arrange in a foil-lined, oven-proof baking dish. Mix together herbs, carrots, grapes and cheese. Divide mixture into equal portions to cover each fillet, then top each with a lemon slice. Cover dish tightly with foil and bake 20 minutes. Let stand 5 minutes, covered, before serving. If desired, drizzle with a simple lemon vinaigrette and a few grindings of fresh black pepper. Serve with steamed, lightly buttered asparagus and baby red potatoes.**