

# Taos Orange Roughy In Parchment

Makes 4 servings.

Per serving: 456 calories, 58g carbohydrates, 35g protein, 7g total fat (1g saturated), 65mg cholesterol, 10g fiber, 772mg sodium. Calories from fat: 14%.

## Ingredients

- 1 box (8 1/2 ounces) corn bread mix
- 1 can (15 ounces) black beans, rinsed and drained
- 1 teaspoon ground cumin
- 4 dashes hot pepper sauce, or to taste
- 1 yellow or orange bell pepper, finely chopped
- 1 green bell pepper, finely chopped
- 2 roma tomatoes, diced
- 1/2 cup loosely packed fresh cilantro, chopped
- 4 pieces parchment paper and kitchen string or aluminum foil
- 4 orange roughy or similar whitefish fillets (about 1 1/2 pounds total)
- 1/2 cup white wine (divided)

## Directions

1. Preheat oven to 400 degrees. Make corn muffins according to directions.
2. In bowl, combine beans, cumin and hot pepper sauce, mashing beans lightly with fork; set aside.
3. In another bowl, toss together bell peppers, tomatoes and cilantro; set aside.
4. On counter, lay out 1 piece of parchment paper or aluminum foil. Spoon quarter of bean mixture into center of paper and spread it out lightly to form bed for the fish. Place 1 fillet on top.
5. Cover fish with a quarter of tomato and pepper mixture.

6. Sprinkle 2 tablespoons wine over all and seal paper or foil. Repeat with remaining paper and fillets. Bake packets in preheated oven 15 to 20 minutes, until fish is flaky and done.
7. Place packets on individual plates, and cut kitchen string if used. Serve with corn muffins on the side.