



Fish and Veggie Foil Packets

Servings 4 | Prep time 10 mins. | Total time 20 mins.

Equipment:

Cutting board
Aluminum foil
Baking sheet

Utensils:

Knife
Measuring cups and spoons

Ingredients

4 4 ounce (fresh or frozen) white fish fillets
(tilapia, cod, perch, etc.)
2 cups (fresh or frozen) vegetable mix, cut into
1/2 inch pieces
1 small onion, diced
1 teaspoon lemon juice OR fresh lemon, thinly
sliced
1 clove garlic, minced OR 1 teaspoon garlic
powder
2 teaspoons Celebrate Your Plate Italian
Seasoning OR 2 tablespoons fresh herbs

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Preheat oven to 450 degrees.
3. Tear off 4 pieces of aluminum foil, each about 12 inches long. Place all 4 pieces of baking sheet.
4. Divide vegetables evenly among the four foil squares.
5. Place fish fillets on top of the vegetables.
6. Sprinkle garlic powder and Italian seasoning on top of the fish.
7. Sprinkle fish with lemon juice (or top with lemon slice). Fold ends of tin foil together to create a pouch.
8. Bake for 10 minutes. Fish should flake easily with a fork when done.

Nutritional Information:

Calories 140
Total Fat 2.5g
Sodium 60mg
Total Carbs 6g
Protein 25g