



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, about 12 inches long and place them on 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