



Fish-and-Vegetable Foil Packets

Prep: 15 minutes | Cook: 15 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: 1 fish fillet with $\frac{2}{3}$ cup vegetables

Ingredients

- 2 small zucchini, sliced thin or diced small (about 2 cups)
- 2 small yellow summer squash, sliced thin or diced small (about 2 cups)
- 1 cup halved grape or cherry tomatoes (can substitute 1 cup peeled and chopped tomato)
- 2 scallions (green onions), thinly sliced (about $\frac{1}{2}$ cup)
- 2 tablespoons chopped fresh herb (e.g. dill, basil, thyme)
- 2 tablespoons lemon juice (about $\frac{1}{2}$ lemon) or white wine vinegar
- 2 garlic cloves, minced (about 1 teaspoon)
- 4 (4- to 6-ounce) firm-textured fish fillets or fish steaks (e.g. catfish, cod, halibut, tilapia)
- $\frac{1}{4}$ teaspoon salt (optional)
- $\frac{1}{2}$ teaspoon ground black pepper

Directions

1. Preheat the oven to 425°F.
2. In a medium mixing bowl, add the zucchini, summer squash, garlic, tomatoes, scallions, fresh herb, lemon juice or vinegar, and garlic. Stir to combine, then set aside.
3. Lay four pieces of aluminum foil, each about 12x15 inches, on a clean work surface.
4. Season each fillet lightly on both sides with the salt (if using) and black pepper.
5. Place one fish fillet in the center of each piece of foil.
6. Divide the vegetable mixture over the pieces of fish.
7. Leaving space inside for steam, create foil packets around the fish and vegetables by folding the long ends of the foil together first, then folding the sides together and turning the side folds upward to reduce the risk of leakage.
8. Place the foil packets on a baking sheet and bake for 15 minutes. Remove from the oven and let sit for 5 minutes.
9. Serve right away, carefully opening each packet to avoid touching the release of steam. Transfer the fish and vegetables to plates if desired, spooning the juice from the packets over the top of each serving.

**Nutrition Facts Per Serving: Calories: 180 | Total Fat: 5 g | Saturated Fat: 1 g
Sodium: 225 mg | Total Carbohydrate: 7 g | Dietary Fiber: 2 g | Protein: 28 g**

Adapted from the Low-Fat Soul Cookbook | Submitted by Tamara Sugarek
For more recipes, please visit www.nutrition.va.gov



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