Foil Packet Fish

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 2 servings | Serving Size: 1 fillet, about 1 cup of vegetables, and 2 tablespoons sauce

Ingredients

2, 6oz boneless, skinless, white fish fillets, (e.g. haddock, cod, flounder, tilapia, mahi-mahi)

2 cups vegetables, fresh or frozen (asparagus, bell peppers, onion, thinly sliced carrots, leeks, thinly sliced potato, mushrooms, cherry tomatoes, zucchini or yellow squash)

¼ teaspoon salt

¼ teaspoon ground black pepper

2 tablespoons fresh parsley or basil (or 1 teaspoon dried)

4 teaspoons olive oil

Sauce:

¼ cup plain yogurt

1 teaspoon lime juice

Dash of salt

Directions

1. Preheat oven to 450°F .
2. Wash and slice or chop the vegetables into ½-inch pieces or thin slices.
3. Spread out 2 large sheets of tin foil (use heavy duty or double up if foil is thin). Place half of the vegetables in the center of each foil. Sprinkle with salt, pepper and ½ of the herbs. Place each piece of fish over the vegetables. Drizzle with olive oil and sprinkle with salt and pepper.
4. Grab the sides of the foil and fold up to meet each other. Fold down to seal. Wrap the other two sides in to form a packet.
5. Place packets on a baking sheet; bake for 12 to 15 minutes. Remove from oven, open packets carefully, steam will be hot.
6. In a small dish, mix the yogurt, lime juice and dash of salt. Mix well. Drizzle over fish and vegetables.

Nutrition Facts Per Serving: Calories: 350 | Total Fat: 18 g | Saturated Fat: 3 g
Sodium: 460 mg | Total Carbohydrate: 10 g | Dietary Fiber: 2 g | Protein: 34 g

Adapted from Melanya Souza, RD, LD/N| Submitted by Robin LaCroix, RD, CSO
For more recipes, please visit www.nutrition.va.gov

VA | U.S. Department of Veterans Affairs