FISH & VEGGIE FOIL DINNER

INGREDIENTS:
- 1 cup brown rice
- Non-stick cooking spray
- 4 (4 oz) white fish fillets
- 1 (16 oz) bag frozen mixed vegetables
- 1 onion, diced
- ¼ tsp salt
- 1/2 tsp garlic powder
- ¼ cup lemon juice
- 2 Tbsp fresh parsley, chopped (optional)

MATERIALS:
- Sharp knife
- Cutting Board
- Aluminum Foil
- Measuring Spoons and cups
- Medium bowl
- Baking Sheet

Serves: 4

Find more recipes online at: www.gcfd.org/recipes_resources
1. Prepare rice according to package directions. Set aside.

2. Preheat oven to 450°F.

3. Tear four large squares of foil. Lightly coat with cooking spray & place one fish fillet in the center of each square.

4. In a large bowl, add frozen vegetables, onions, garlic powder, salt & lemon juice. Mix well. Spoon vegetable mix over fish & top with parsley.

5. Fold foil up to make leak proof packets & place on a baking sheet. Bake 15-20 minutes, or until fish flakes with a fork. Serve with rice.

Chef’s Notes:

- Fish is an excellent source of protein and healthy fats. Try to include fish in a meal at least once a week!

- Try this foil dinner method with other combinations too – such as chicken, bell pepper and onion. Add your favorite seasonings, bake and serve!