



FISH & VEGGIE FOIL DINNER

MATERIALS:

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

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
1/4 cup lemon juice
2 Tbsp fresh parsley, chopped (optional)

Serves: 4

Find more recipes online at: www.gcfb.org/recipes_resources

DIRECTIONS:

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 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!