



# 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 spoons

## Ingredients

- 4, 4 ounce white fish fillets (frozen or fresh; tilapia, cod, perch, etc.)
- 2 cups frozen or fresh mixed vegetables cut into ½ inch pieces (green beans, carrots, broccoli, peppers, etc.)
- 1 small onion, diced
- 1 teaspoon lemon juice (or fresh lemon, sliced thin)
- 1 teaspoon garlic powder
- 2 tablespoons Italian seasoning (or other seasoning blend)

## 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