

Zesty Lemon Pepper Fish Packets

Makes 4 servings | Protein • Vegetables

Ingredients

- 1 pound fish fillets, fresh or frozen and thawed (tilapia, catfish, cod, etc.)
- 2 small yellow squash or zucchinis, roughly chopped
- 2 bell peppers, cut into strips
- ½ cup onion, sliced
- 2 lemons, cut into thin rounds
- ½ teaspoon salt
- 1 teaspoon black pepper
- Aluminum foil

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Divide fish fillets into 4 portions and place on 4 sheets of aluminum foil (12x18-inches each). Sprinkle with salt and pepper.
3. Lay lemon rounds over fillets. Evenly divide chopped vegetables between packets, placing on top of fillets.
4. Wrap each packet by bringing up the sides. Double fold the top and ends to seal. Leave room for heat to circulate.
5. Cook the packets using one of the following methods:
 - To bake in the oven, place packets on a baking sheet. Bake at 450°F for 20-30 minutes. Halfway through baking, use a fork to poke small holes in the packet for steam to escape.
 - To bake in an electric skillet, heat skillet to 400°F. Use a cooking rack in the bottom of the skillet. Pour ½ inch of water into the skillet. Place the packets on the rack. Cover and close the steam vent. Cook for 20-30 minutes. If you do not have a rack, make your own with aluminum foil. Form foil into a long snake about 1 inch thick. Form into a coil to fit in the skillet. Place the packets on top of the coil.
 - For grilling, heat grill to medium-high or 400-450°F. Place packets on grates and cook for 20-30 minutes.
6. Packets are done when the fish reaches 145°F on the food thermometer. When cooking is done, carefully open packets to allow steam to escape.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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