

## Fish and Vegetables in Foil

### Ingredients:

- 1 1/2 pounds fresh or frozen fish fillets or steaks
- 4 small zucchini squash
- 4 carrots
- 1 large green pepper
- 8 green onions
- 4 tablespoons teriyaki sauce (low sodium)

### Equipment:

- Large non stick skillet with lid or glass baking dish
- Measuring spoons
- Number of Servings: 4
- Prep Time: 10 minutes
- Total Time: 10 minutes

### Directions

1. Rinse fish under cold water and pat dry. Place 4 individual portions of fish on 4 pieces of foil large enough to completely wrap around the fish and vegetables.
2. Diagonally slice the carrots, green onions and zucchini in thin slices. Cut the green pepper into strips.
3. Divide the vegetables into 4 servings and layer on top of fish portions. Drizzle the teriyaki sauce over each portion.
4. Bring the edges of the foil together, fold them and crimp together to seal. Place each packet on a baking sheet and bake at 425 degrees for 11-17 minutes per inch thickness of fish. Test for doneness by making sure fish is white and flakes with a fork.
5. Remove from oven when done, and let cool for 5 minutes before opening packets.

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### Nutrition Facts

Serving Size: 1 foil packet  
 Servings: 4

| Amount Per Serving        |            | Calories from Fat 18 |     |
|---------------------------|------------|----------------------|-----|
|                           |            | %Daily Value*        |     |
| <b>Calories</b>           | <b>231</b> |                      |     |
| <b>Total Fat</b>          | 2g         | 3%                   |     |
| Saturated Fat trace       |            | 1%                   |     |
| <b>Cholesterol</b>        | 73mg       | 24%                  |     |
| <b>Sodium</b>             | 550mg      | 22%                  |     |
| <b>Potassium</b>          | 1598mg     | 46%                  |     |
| <b>Total Carbohydrate</b> | 20g        | 7%                   |     |
| Dietary Fiber 5g          |            | 23%                  |     |
| <b>Protein</b>            | 35g        | 70%                  |     |
| Vitamin A                 | 426%       | Vitamin C            | 95% |
| Iron                      | 15%        | Calcium              | 10% |

\*Percent Daily Values are based on a 2,000 calorie diet.

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