

# One Bag Bluegrass Bake!

**Makes:** 1 Serving

“My family likes to go camping and hiking a lot,” says Will. “My mom and I were trying to think of some healthy choices for lunch instead of hotdogs and hamburgers on the grill. So we came up with this one--bag bake that included seasonal veggies and local fish. We used an aluminum foil pouch and placed it in our campfire. It was a hit with our whole family! All we needed was our one bag and a fork! Now we make it at home all the time! Super yummy!!!”

## Ingredients

**4 ounces** trout fillets or any local flaky fish, like salmon  
**1 tablespoon** grated lemon zest  
**1/2** lemon, thinly sliced  
**1 tablespoon** lemon juice  
**1 tablespoon** extra--virgin olive oil  
 Kosher salt and freshly grated pepper  
**1/2** red or yellow bell pepper, julienned  
**1/2 cup** zucchini, peeled and julienned  
**1** garlic clove, peeled and minced  
**2** sprigs thyme  
**1/2 cup** navy or white beans, rinsed and drained  
 Plain Greek yogurt as topping (optional)  
 Cooked brown rice (optional)

## Directions



### Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	459	
Total Fat	26 g	
Protein	30 g	
Carbohydrates	28 g	
Dietary Fiber	7 g	
Saturated Fat	4 g	
Sodium	380 mg	

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

### MyPlate Food Groups

Vegetables	1 1/2 cups
Protein Foods	3 ounces

1. **Preheat oven to 400°F.** In a large mixing bowl, gently toss all ingredients except navy beans, yogurt, and rice. On a large piece of parchment paper or aluminum foil, add the fish and beans. Fold the parchment or foil over and crimp and fold so it's sealed. Bake in the oven for 25 minutes. Let bag sit for 5 minutes before opening. Serve with yogurt and cooked brown rice.

The 2016 Healthy Lunchtime Challenge Cookbook