

Baked Fish and Vegetables

Rating: ★★★★★

Cook time: 40 minutes

Makes: 4 servings

Ingredients

4 white fish fillets (frozen, or cod or perch total of 16-20 oz)
2 cups mixed vegetables (frozen)
1 onion (small, diced)
1 teaspoon lemon juice (or fresh lemon, sliced thin)
1 tablespoon parsley flakes (dried or fresh chopped)
aluminum foil

Directions

1. Preheat oven to 450 degrees.
2. Separate and place fish fillets in center of each tin foil square.
3. Combine frozen vegetables and diced onion in bowl and mix. Spoon vegetables around fillets.
4. Sprinkle with lemon juice (or top with lemon slice) and add parsley on top. Fold ends of tin foil together to form leak-proof seal.
5. Bake for 10 minutes. Serve.

Notes

Refrigerate leftovers.

University of Minnesota, Cooperative Extension Service, Simply Good Eating Recipe Cards, Vol. 1, 2000.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	360	
Total Fat	12 g	18%
Protein	41 g	
Carbohydrates	19 g	6%
Dietary Fiber	3 g	12%
Saturated Fat	2 g	10%
Sodium	130 mg	5%