



Easy Fish & Vegetables Baked in Foil

Ingredients

1 cup snow peas
2 carrots, thinly sliced
4 (6 oz) fish fillets
4 teaspoons of fresh lemon juice
2 teaspoons of finely chopped fresh ginger
salt and black pepper to taste
2 tablespoons of olive oil
small zucchini, sliced
2 teaspoons dill

Directions

Preheat oven to 400 degrees. Blanch snow peas in boiling water for 30 seconds, blanch carrots for 1 minute. Drain and set aside. Prepare 4 sheets of aluminum foil by placing fish fillets in center. Drizzle with lemon juice, sprinkle on ginger, salt, pepper, olive oil (spread out the amounts listed above amongst the 4 packets). Place snow peas, carrots, and zucchini among the 4 packets on top of fish. Sprinkle with dill and salt. Fold over foil to form a rectangle and crimp edges. Bake for 10-15 minutes, or until done.

Source: Amy Hudnor