



Grilled Fish & Veggie Packets

Ingredients

1 lb fish fillets about 1/2" to 3/4" thick
1 bunch of asparagus spears, trimmed
4 small yellow summer squash cut into 1/4" slices
1 red sweet pepper cut into bite-sized strips
1 green pepper cut into strips
1/2 cup dry white wine or chicken broth
2 tsp bottled minced garlic or 2 cloves
2 tsp fresh herbs; either rosemary, dill or lemon thyme works well
1/4 tsp salt
1/4 tsp black pepper
2 Tablespoons butter or margarine, cut up
Nonstick cooking spray

Directions

Cut fillets into 4 serving size portions, set aside.

Cut eight 18-inch squares of aluminum foil. Stack 2 squares together, repeat to form 4 stacks total. Coat one side of each stack with non-stick cooking spray.

Divide the asparagus and peppers among the stacks of foil. Top with the fish and squash.

Mix the seasonings in a small bowl combining the wine, herbs, garlic, salt and pepper. Drizzle over fish and vegetables; dot with butter.

Bring the two opposite edges of each foil pack together; seal with a double fold. Fold the ends to enclose the fish and vegetables; leaving space for steam.

Place the foil packets on the grill rack over medium heat .Grill until fish flakes easily and the veggies are tender. Allow about 12-14 min per 1/2 in thickness of fish.

Source: MFC Events Coordinator Claire Bissell