



Foiled Fish & Veggies

A No Fuss, No Mess Way to Grill Up a Tasty Dinner
(Recipes adapted from those found at www.kraftfoods.com)

Foil Wrapped Fish with Creamy Parmesan Sauce (Makes 4 servings)

Ingredients:

- 4 sheets (12x18 inch each) heavy duty aluminum foil
- 4 orange roughy, cod or sole fillets (4 ounces each), thawed if frozen
- ¼ cup light mayonnaise
- ¼ cup grated parmesan cheese
- 1/8 – ¼ teaspoon ground red pepper
- 2 medium zucchini, sliced
- ½ of a medium red bell pepper, cut into strips

Instructions:

1. Preheat grill to medium-hot heat. Spray foil with cooking spray. Place 1 fish fillet in center of each sheet of foil. Spread fish evenly with mayonnaise. Sprinkle with parmesan cheese and ground red pepper; top with vegetables.
2. Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make 4 packets. Place on grill rack; cover grill with lid.
3. Grill 10 to 12 minutes or until fish flakes easily with a fork.



Foil-Pack Halibut Florentine

(Makes 4 servings, 1 packet each)

Ingredients:

- 4 skinless halibut fillets (4 ounces each)
- 4 cups packed fresh baby spinach leaves
- $\frac{3}{4}$ cup light Italian or sun-dried tomato salad dressing
- 1 tablespoon grated parmesan cheese

Instructions:

1. Preheat grill to medium-high heat. Lay out four 18x12-inch sheets of heavy-duty foil on countertop and roll up the sides of slightly. Place 1 fish fillet in center of each foil sheet. Arrange spinach around fish; top each with equal amounts of dressing.
2. Bring up foil sides. Double fold top and ends to seal each packet, leaving room for heat circulation inside.
3. Grill 10 minutes or until fish flakes easily with a fork. Place one packet on each of four dinner plates. Cut slits in foil to release steam before opening each packet. Sprinkle with cheese.

Sensational Foil-Pack Vegetables

(Makes 8 servings, $\frac{1}{2}$ cup each)

Ingredients:

- 1 cup zucchini chunks (1 $\frac{1}{2}$ inch)
- 1 cup medium button mushrooms
- 1 cup each: red and yellow pepper chunks (1 $\frac{1}{2}$ inch)
- 1 cup cherry tomatoes
- $\frac{1}{4}$ cup light Italian salad dressing
- 2 tablespoons grated parmesan cheese

Instructions:

1. Preheat grill to medium-high heat. Toss vegetables and tomatoes with dressing. Place in center of 18-inch-long piece of heavy duty aluminum foil (or use a double layer of regular foil). Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside.
2. Grill 8 to 10 minutes or until vegetables are tender, turning after 4-5 minutes.
3. Cut slits in foil to release steam. Open packet. Sprinkle vegetable mixture with cheese.