Dinner Tonight!

Fish Packs

2 leeks, sliced
2 medium size squash, sliced
1 cup mushrooms, sliced
1 teaspoon minced garlic
1 teaspoon lemon juice
1 Tablespoon fresh basil
1 Tablespoon fresh sage
1 teaspoon olive oil
1 pound white fish (4 – 3 ounce fish fillets)

Preheat oven to 450 degrees. Combine all the ingredients except the fish in a large bowl. Tear off four 9 by 11 inch sheets of foil. Put one piece of fish on each foil sheet. Top with the vegetable mixture, and season with salt and pepper if you prefer. Bring the two long sides of each sheet of foil together and fold tightly to seal. Bake fish packs 15 to 20 minutes or until the fish reaches an internal temperature of 145 degrees.

Serves: 4
Price per serving: $3.00

Nutrition facts per serving
Calories: 151
Fat: 2 g
Fiber: 2 g
Protein: 23 g
Carbohydrates: 11 g
Sodium: 103 mg