

U.S. Farm-Raised Tilapia & Vegetables in Foil

Cooking fish in foil is similar to the French method of cooking in parchment paper called “en papillote” or the Italian method called “al cartoccio.”

- 4 U.S. farm-raised tilapia fillets
- 4 sheets aluminum foil
- ½ t. dried thyme
- ½ t. dried marjoram
- 4 t. lemon juice
- 1 package frozen vegetables (16 oz. broccoli, cauliflower and carrots medley)
- ¼ cup green onions, chopped
- 2 Tbsp. margarine or butter, cut in pieces
- Salt and pepper to taste

Preheat oven to 425° (you can also do this on a grill). Place one fish fillet in the center of each piece of foil, sprinkle with thyme and marjoram, and lemon juice. Place frozen vegetables next to fish. Sprinkle with green onions, salt, and pepper. Top with margarine or butter. Seal packets (leave some room for air circulation) and place on a baking sheet. Bake for 20 minutes

This is a recipe that calls for creativity. You can vary the types of herbs (dill is usually a good choice with fish) that you use. You can substitute fresh vegetables. Sliced tomatoes and zucchini are good suggestions. Try a splash of white wine instead of butter.