



Fish and Veggie Packets

This four-ingredient recipe provides the perfect mix of vegetables and protein.

Ages: 3–5 years

Makes: 6 servings

Prep time: 15 minutes

Cook time: 25 minutes

the INGREDIENTS

13½ oz flounder fish fillets, fresh or frozen, thawed (each piece should be about 2¼ oz)

2¾ cups broccoli and cauliflower blend, frozen

1 Tbsp margarine, *trans* fat-free

1 tsp garlic and herb salt-free seasoning

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Cut 6 pieces of parchment paper into 8" x 12" squares. Fold each square in half.
4. In the center, next to the folded seam, place 1 piece of fish. Wash hands after touching uncooked fish.
5. Place margarine in a microwave-safe bowl. Melt in the microwave for 10 seconds at a time until completely melted.
6. Add garlic and herb seasoning to melted margarine.
7. In a medium bowl, combine vegetables and seasoned margarine. Toss to mix.
8. Place ¼ cup of seasoned vegetables on top of each piece of fish.
9. Roll and then fold the edges of the parchment paper together to create a packet.
10. Place fish packets on a baking sheet. Place baking sheet in the oven. Bake for 25 minutes. Heat to an internal temperature of 145 °F or higher for at least 15 seconds. Remove from the oven.
11. Serve 1 packet. Serve immediately, or keep warm at 140 °F or higher (see chef tips).

the
NUTRITION INFORMATION

1 Fish and Veggie Packet

Nutrients	Amount
Calories	81
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	25 mg
Sodium	196 mg
Total Carbohydrate	5 g
Dietary Fiber	2 g
Total Sugars	1 g
Includes Added Sugars	N/A
Protein	8 g
Vitamin D	N/A
Calcium	23 mg
Iron	0 mg
Potassium	N/A

N/A = Data not available

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CACFP CREDITING INFORMATION

$\frac{1}{4}$ cup vegetable
 $1\frac{1}{2}$ oz eq meat

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CHEF TIPS

- **Contains fish (flounder).** Margarine can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- **Choking Risk:** Fish with bones can be a choking risk for children under the age of four. Remove all bones from fish before cooking or serving.
- Open packets to release steam before serving to prevent burning.
- Can use tilapia, pollock, catfish, grouper, haddock, cod, halibut, rockfish, sole, or bass instead of flounder.

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

