



Fish and Veggie Packets

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

AGES: 3–5 years

PREP TIME: 30 minutes

COOK TIME: 25 minutes

CACFP CREDITING INFORMATION

¼ cup vegetable

1 ½ oz eq meat

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Wash hands with soap and water for at least 20 seconds.
					2 Preheat oven to 400 °F.
					3 Cut parchment paper into 8" x 12" squares. Fold each square in half. For 25 servings , cut 25 pieces. For 50 servings , cut 50 pieces.
Flounder fish fillets, fresh or frozen, thawed (each piece should be about 2¼ oz)	3 lb 8¼ oz	25	7 lb 1 oz	50	4 In the center, next to the folded seam, place 1 piece of fish. Wash hands after touching uncooked fish.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Broccoli and cauliflower blend, frozen	2 lb 6 oz	2 qt + 3¾ cups	4 lb 12 oz	1 gal + 1 qt + 3½ cups	
Margarine, <i>trans</i> fat-free		¼ cup		½ cup	5 Place margarine in a microwave-safe bowl. Melt in the microwave for 10 seconds at a time until completely melted.
Garlic and herb salt-free seasoning		1 Tbsp + 1 tsp		2 Tbsp + 2 tsp	6 Add garlic and herb seasoning to melted margarine.
					7 In an extra-large 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 sheet pan (18" x 26" x 1"). Place sheet pan 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. For 25 servings , use 1 pan. For 50 servings , use 2 pans.
					11 Serve 1 packet. Serve immediately, or keep warm at 140 °F or higher (see notes).

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

NOTES

- **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.

YIELD/VOLUME

25 Servings	50 Servings
Weight: 5 lb 10 oz	Weight: 11 lb 4 oz
Yield: 25 packets	Yield: 50 packets