



Fish and Veggie Packets

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

AGES: 6–18 years
PREP TIME: 35 minutes
COOK TIME: 25 minutes

CACFP CREDITING INFORMATION

½ cup vegetable
 2 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 3 oz) | 4 lb 11 oz | 25 | 9 lb 6 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 | 4 lb 11 oz | 1 gal + 1 qt + 3½ cups | 9 lb 6 oz | 2 gal + 3 qt + 3 cups | |
| Margarine, <i>trans</i> fat-free | | ⅓ cup | | ⅔ 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 | | 2 Tbsp | | ¼ cup | 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 ½ 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 | 125 |
| <hr/> | |
| Total Fat | 4 g |
| Saturated Fat | 1 g |
| Cholesterol | 33 mg |
| Sodium | 270 mg |
| Total Carbohydrate | 11 g |
| Dietary Fiber | 4 g |
| Total Sugars | 3 g |
| Includes Added Sugars | N/A |
| Protein | 11 g |
| <hr/> | |
| Vitamin D | N/A |
| Calcium | 37 mg |
| Iron | 1 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.
- 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: 7 lb 12 oz | Weight: 15 lb 10 oz |
| Yield: 25 packets | Yield: 50 packets |