

Eat Well



## FAST FISH AND FRESH HERB VEGGIE PACKETS

This delicious meal cooks up in no time at all. Beat the clock. Make the packets the night before or in the morning before going to work. That way, they're ready to place on the grill when you come home. Dinner will be done before the kids can ask "What's for dinner?"

Prep Time **15** min

Cook Time **10** min

Makes 4 Servings

- 1 bunch of fresh asparagus, trimmed
- 2 red bell peppers, sliced
- 2 small yellow zucchini (summer squash), sliced
- 60 mL (1/4 cup) chopped fresh basil
- 30 mL (2 tbsp) chopped fresh parsley or chives
- 2 cloves garlic, minced
- 4 baby bok choy, cut in half lengthwise
- 15 mL (1 tbsp) Dijon mustard
- 10 mL (2 tsp) canola oil
- 15 mL (1 tbsp) chopped fresh thyme leaves
- 1 mL (1/4 tsp) fresh ground pepper
- 4 salmon fillets, skinned (about 125 g/4 oz each)

**1.** Cut asparagus stalks in half crosswise and place in large bowl. Add red pepper, zucchini, basil, parsley and garlic. Toss together to combine.

**2.** Lay out four large pieces of foil and divide bok choy among them. Top with asparagus mixture; set aside.

**3.** In small bowl, whisk together mustard, oil, thyme and pepper. Add salmon and turn to coat evenly. Place one piece of salmon on top of the bok choy-asparagus mixture. Fold foil to seal or place another piece of foil on top to seal and form packets.

**4.** Place packets on greased grill over medium heat and cook for about 10 minutes.\*

\* Use a digital food thermometer to check that salmon has reached an internal temperature of 70 °C (158 °F).

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.

### NUTRIENTS PER SERVING % DV

Calories	287	-
Fat	16 g	24 %
Saturated + Trans	3 g	14 %
Cholesterol	64 mg	-
Sodium	204 mg	9 %
Carbohydrate	11 g	4 %
Fibre	5 g	19 %
Sugars	4 g	-
Protein	27 g	-
Vitamin A	-	56 %
Vitamin C	-	231 %
Calcium	-	14 %
Iron	-	20 %

### TIPS

- Little chefs will get a kick out of using their hands to snap the ends off the asparagus. To get rid of the woody ends, bend each stalk near the bottom end and it will break off at the right spot.
- Try this oven variation: Place packets on large baking sheet and bake in preheated 220°C (425°F) oven for about 15 minutes.
- Switch up your fish. Look for firm fleshed fish such as halibut, tilapia, trout or snapper to substitute for the salmon.