

Foiled Fish on the Grill

by: Angela Lemond, registered dietitian nutritionist

PREP TIME

20 minutes

COOK TIME

12 minutes

SERVES

4

INGREDIENTS

- 4 white fish fillets (such as cod, tilapia or swai)
- 4 tablespoons extra virgin olive oil
- ¼ medium red onion
- ¼ teaspoon paprika
- 1/8 teaspoon chili powder
- 3 bell peppers (1 red, 1 green, 1 yellow)
- ½ cup panko bread crumbs
- 1 medium lemon, squeezed + 4 thin slices
- 1 garlic clove, minced
- Salt and pepper to taste

DIRECTIONS

1. Scrub grill with hot soapy water and turn on to medium heat (grill temperatures may vary).
2. Wash all produce with cool water, pat dry.
3. In a medium bowl, whisk together olive oil, squeezed lemon, garlic, chili powder and paprika.
4. Thinly cut peppers, onions and lemon. Combine bell peppers and red onion in a bowl.
5. Cut 4 sheets of tin foil about 2 feet long. On the center of each sheet, brush generously with olive oil.
6. Divide onion, pepper mixture evenly onto the center of each sheet of foil.
7. Layer one piece of fish on top of each pile of pepper, onion mixture.
8. Generously brush the mixture from step 3 onto fish.
9. Top fish with bread crumbs, salt, fresh ground pepper and a twist of lemon.
10. Fold foil into a dome around the fish so there is room for steaming.
11. Set foil packets on grill, close the lid. Grill for 12 minutes. (Note: can also cook in the oven at 400°F).
12. Use a food thermometer to make sure the fish reaches 145°F (opaque and easily separates with a fork). Serve with a mixed salad and fresh bread.



Watch Angela Lemond make this recipe at homefoodsafety.org/video

“ This nutrient-rich recipe uses lots of colorful ingredients to flavor without the need for much added salt. When possible use fresh herbs! Using a foil method makes grilling clean and easy.”

– Angela Lemond,
registered dietitian nutritionist