

# Foil Packet Salmon and Vegetables

**Servings:** 4 packets

**Serving Size:** 1 packet

## Ingredients

- ¼ cup lemon juice (or the juice from about 2 lemons if using fresh lemons)
- 4 garlic cloves, minced or about 2 teaspoons of minced garlic
- 1 ½ Teaspoons black pepper
- 1/8 Teaspoon salt
- 2 Teaspoons dried oregano
- 1 Teaspoon dried parsley
- ¼ Teaspoon dried thyme
- ½ cup olive oil\*
- 4 pieces of aluminum foil, about 8 inches long
- 4 skinless salmon filets
- 2 cups fresh spinach, rubbed under running cold water\*\*
- 1 medium red bell pepper, rubbed under running cold water, thinly sliced
- 1/2 red onion, rubbed under running cold water, thinly sliced
- 1 medium zucchini, rubbed under running cold water, thinly sliced
- 1 fresh lemon, rubbed under running cold water, thinly sliced (optional)

*\*You can substitute another type of cooking oil, if desired*

*\*\*If your spinach is pre-washed, you do not need to rinse your spinach.*

## Equipment

- Baking sheet
- Medium bowl
- Spoon
- Whisk (optional)
- Fork (optional)
- Cutting board
- Chef's knife
- Food thermometer
- Measuring cups
- Measuring spoons

## What to do

1. Wash your hands with soap and water.
2. Preheat the oven to 400 F.
3. In a medium bowl, add the lemon juice, garlic, pepper, salt, oregano, parsley and thyme. Stir to combine.
4. Slowly add the olive oil to the lemon juice mixture while stirring or whisking to combine.



5. In the middle of one sheet of aluminum foil, layer  $\frac{1}{4}$  of the spinach leaves, red pepper slices, onion slices, and zucchini slices.
6. Add one salmon filet on top of the vegetables. Top the fish with  $\frac{1}{4}$  of the lemon slices (optional).
7. Wash your hands with soap and water after touching the fish.
8. Top the salmon and vegetables with  $\frac{1}{4}$  of the olive oil mixture.  
*Note: You may choose to use less of the mixture if your packet appears to be too full or if you prefer less sauce on your dish.*
9. Bring two sides of the foil packets together at the top and fold down to seal. Fold the other sides of the packets in towards the middle to seal the sides of the packets. Place the sealed foil packets on a baking sheet.
10. Repeat steps 8, 9, and 10 with the remaining foil packets.
11. Wash your hands with soap and water after touching the fish.
12. Place the baking sheet in the preheated oven and bake until the salmon reaches 145 F on a food thermometer, about 18-20 minutes.  
*Note: Carefully open the foil packets to check the internal temperature of the fish, placing the food thermometer in the thickest part of the fish. You may wish to use a fork to help you open the packet.*
13. Wash any surfaces that came in contact with the raw fish.

**Notes:**

- You can substitute the vegetables in this dish for other vegetables that you enjoy or that are on sale and available in your area. For example, you may choose to substitute a green bell pepper for the red bell pepper, a white onion for the red onion, yellow squash for zucchini, or you may choose not to use the spinach.
- You can choose a different type of fish, just remember to adjust cooking time, as needed, so that the fish reaches an internal temperature of 145 F on a food thermometer.
- You can use frozen fish for this recipe. Thaw the fish before baking. Learn more about cooking fish safely, including how to safely thaw fish, at this website:  
<https://www.fda.gov/food/consumers/advice-about-eating-fish>



# Lemon Herb Brown Rice

**Servings:** 9

**Serving Size:** 1/3 cup

## Ingredients

- Non-stick cooking spray
- 1 cup brown rice
- 1 cup water
- 2 Tablespoons lemon juice
- 1 Tablespoon olive oil
- 1 Teaspoon dried oregano
- ½ Teaspoon dried thyme
- ¼ Teaspoon black pepper

## Equipment

- Measuring cups
- Measuring spoons
- Electric multi-cooker
- Spoon

## What to do

1. Wash your hands with soap and water.
2. Lightly spray the inner pot of an electric multi-cooker with non-stick spray.
3. Add the brown rice to the inner pot of an electric multi-cooker.
4. Top the brown rice with the water, lemon juice, olive oil, dried oregano, dried thyme, and black pepper and gently stir, as needed, to make sure the rice is covered with the water.
5. Place the lid on top of the electric multi-cooker and seal.
6. Program the electric multi-cooker to cook for 27 minutes on high pressure.\*
7. After reaching the desired cooking time, allow the multi-cooker to release pressure naturally for 10 minutes before carefully releasing pressure manually, if needed.

*\*Follow your electric multi-cooker's instructions to program the multi-cooker, release pressure, and for cooking times.*

## Note:

You can prepare this recipe on the stove. Look for the package directions to find how much water you will need and for stovetop cooking directions.



# Yogurt Peanut Butter Banana Splits

**Servings:** 4

**Serving Size:** ½ banana

## Ingredients

- 2 medium bananas, scrubbed under cold running water
- 1 cup plain, 2% fat Greek yogurt
- ¼ cup smooth peanut butter
- 1/8 Teaspoon vanilla extract
- 1/8 teaspoon cinnamon
- Toppings of your choice: Frozen or fresh raspberries, frozen or fresh strawberries, mini chocolate chips, sprinkles, coconut flakes, etc.

## Equipment

- Cutting board
- Small knife (paring knife, butter knife, etc.)
- Small bowl
- Spoon
- Measuring spoon
- Serving bowls or plates

## What to do

1. Wash your hands with soap and warm water.
2. Peel the bananas and slice lengthwise. Slice the banana in half width-wise so that you have two equal-size pieces.
3. In a small bowl, add the Greek yogurt and smooth peanut butter. Stir well to combine.
4. Add the cinnamon and vanilla extract to the yogurt mixture. Stir to combine.
5. Place one half of a banana (sliced lengthwise) onto the serving bowl or plate. Slightly spread open the banana slices.
6. Top each of the bananas with one quarter (or a smaller amount if you desire) of the yogurt mixture.
7. Add your choice of toppings and enjoy!



# Tropical Fruit Sorbet

**Servings:** About 8 servings

**Serving Size:** ½ cup

## Ingredients

- 1 ½ cups unsweetened frozen mango\*
- 1 ½ cups unsweetened frozen pineapple chunks\*
- 1 cup unsweetened coconut milk\*\*
- 1 Tablespoon honey

*\*You can substitute other types of frozen fruit that you enjoy.*

*\*\*This recipe was tested using canned, unsweetened coconut milk. You may need to stir the coconut milk until it is smooth before preparing this recipe. It might help to add the coconut milk to a bowl before stirring to prevent spilling.*

## Equipment

- Food Processor or Blender\*
- Rubber Scraper or Spoon
- Serving bowls

*\*If you use a blender for this recipe, you may need to stir frequently and may consider adding small amounts of additional coconut milk, as needed, to reach a thick, smooth texture.*

## What to do

- Wash your hands with soap and warm water.
- Add the frozen mango, frozen pineapple chunks, coconut milk, and honey to the bowl of a food processor or blender.
- Combine the ingredients until very smooth, stopping to scrape the sides and stir as needed.
- Place the sorbet mixture in a serving bowl and enjoy!

