

Red Snapper, Mushroom, and Black Olive Packets

10 ounces small white mushrooms, trimmed and halved
2 medium tomatoes, diced (about 1 ½ cups)
¼ cup pitted black olives
2 large cloves garlic, thinly sliced
1 teaspoon dried thyme, crushed
¼ teaspoon freshly ground black pepper
¼ cup dry white wine (optional)
1 tablespoon olive oil
4 red snapper or flounder fillets (about 4 ounces each)
3 cups hot cooked rice

Preheat the grill to medium-high or preheat the oven to 425°F.

In a large bowl, combine the mushrooms, tomatoes, olives, garlic, thyme, pepper, wine, and oil.

Place a 12 x 24-inch heavy-duty aluminum foil rectangle on a work surface. Place the fish fillets in the center of the foil, overlapping them slightly; top with the mushroom mixture. Bring the long edges of the foil together and fold the ends over twice. Double fold the short ends to make an airtight packet.

Grill or bake for 25 minutes, or until the fish flakes easily. To serve, using two spatulas, transfer the packet to a platter and carefully open the ends to allow the steam to escape, then open up the top. Serve the rice alongside.

Makes 4 servings. *Per serving: 357 calories, 29 grams protein; 42 grams carbohydrate, 8.2 grams fat, 42 grams cholesterol; 3 grams dietary fiber; 236 mg sodium.* Adapted from our “Cookbook of the Quarter,” *5 a day: the better health cookbook*, available at Barnes & Noble discounted through June.

Your Partners in Health,
Candace and Lucy