Build a Basic Packet Meal

KITCHEN EQUIPMENT NEEDED

- Knife
- Cutting board
- Can opener
- Spatula
- Spoon
- Colander
- Vegetable peeler
- Baking pan
- Parchment paper/Aluminum foil

INgREDIENTS

<table>
<thead>
<tr>
<th>Protein</th>
<th>Vegetables</th>
<th>Spices</th>
<th>Topping/Sauces</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ground beef patty</td>
<td>Whole kernel corn</td>
<td>Salt</td>
<td>Salsa</td>
</tr>
<tr>
<td>Fish fillet</td>
<td>Black beans</td>
<td>Pepper</td>
<td>Lemon juice</td>
</tr>
<tr>
<td>Skinless chicken breast</td>
<td>Zucchini or Squash</td>
<td>Paprika</td>
<td>Dry white wine</td>
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<tr>
<td>Skinless chicken thighs</td>
<td>Carrots</td>
<td>Dry mustard</td>
<td>Worcestershire sauce</td>
</tr>
<tr>
<td>Boneless pork chop</td>
<td>Bell peppers</td>
<td>Chili powder</td>
<td>Barbeque sauce</td>
</tr>
<tr>
<td>Tofu slices</td>
<td>Onion</td>
<td>Thyme</td>
<td>Italian dressing</td>
</tr>
<tr>
<td></td>
<td>Cherry or diced tomatoes</td>
<td>Basil</td>
<td>Teriyaki sauce</td>
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<tr>
<td></td>
<td>Potatoes</td>
<td>Italian seasoning</td>
<td>Cheddar sauce</td>
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<tr>
<td></td>
<td>Olives</td>
<td>Thyme</td>
<td>Monterey Jack cheese</td>
</tr>
<tr>
<td></td>
<td>Mushrooms</td>
<td>Basil</td>
<td>Mexican style cheese</td>
</tr>
<tr>
<td></td>
<td>Sweet potatoes</td>
<td>Lemon slices</td>
<td></td>
</tr>
</tbody>
</table>

Suggested combinations

Ground beef patty, salt, pepper, onion, potato, carrot and Worcestershire sauce

Chicken breast, salsa, black beans, corn and Cheddar cheese

Flounder fillet, salt, pepper, Italian seasoning, zucchini, carrots, red bell pepper, onion and dry white wine (or water)

Salmon fillet, salt, pepper, lemon slice, oregano, thyme and basil

DIRECTIONS

1. Choose your protein, vegetable, spices and topping/sauces. See suggested combinations.
2. Wash and cut selected vegetables into small, evenly-sized pieces.
3. Cut a 12” x 12” square of parchment paper or aluminum foil for each packet.
4. Assemble your packet with hardy vegetables such as potatoes or carrots on the bottom.
5. Brush both sides of protein source with olive oil and place on top of hardy vegetables.
6. Add the tender vegetables such as tomatoes, mushrooms and olives.
7. Drizzle with topping/sauces and sprinkle with desired spices.
8. Top packet with cheese if desired.
9. Fold over the sides of packet to meet in the middle and fold down. Fold ends of packet over to seal well. Do not slit the packet.
10. Place packet on a baking pan and bake at 450 degrees F for 20–30 minutes.
11. Allow packet to rest for 5 minutes and then transfer to individual plates. Unfold the packets with caution, as steam will be released.

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Build a Basic Packet Meal, continued

**NUTRITION INFORMATION PER SERVING**  (Makes 1 serving)

Made with 4 ounces extra-lean ground beef with salt, pepper, ¼ cup onion, ¼ cup potato, ¼ cup carrot and 1 teaspoon Worcestershire sauce.

Calories **440**  |  Total Fat **34 g**  |  Saturated Fat **14 g**  |  Protein **20 g**
Carbohydrates **15 g**  |  Fiber **2 g**  |  Sodium **730 mg**

Made with 4 ounce chicken breast, 3 tablespoons salsa, ¼ cup black beans, ¼ cup corn and ¼ cup Cheddar cheese.

Calories **350**  |  Total Fat **14 g**  |  Saturated Fat **7 g**  |  Protein **37 g**
Carbohydrates **20 g**  |  Fiber **5 g**  |  Sodium **370 mg**

**NOTES**  

This recipe works well as *hands-on* or *demonstration*.

Parchment paper works best for all types of food, especially acidic foods, but aluminum foil will work if parchment is unavailable.

All of the protein choices need to be boneless in order to cook quickly. Removing the skin from the meat is a good idea to reduce the fat and calories of the dish.

Everyone in the household can have a different selection. Clean up is easy because you can throw the parchment or foil away.

Packet meals work well on the outdoor grill as well.

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