

Create a Packet Meal

Ingredients

Protein	Vegetables	Spices	Topping/Sauces
<ul style="list-style-type: none"> • Ground beef patty • Fish fillet • Skinless chicken breast • Skinless chicken thighs • Boneless pork chop • Tofu slices 	<ul style="list-style-type: none"> • Whole kernel corn • Black beans • Zucchini or squash • Carrots • Bell peppers • Onion • Cherry or diced tomatoes • Potatoes • Olives • Mushrooms • Sweet potatoes 	<ul style="list-style-type: none"> • Salt • Pepper • Paprika • Dry mustard • Chili powder • Oregano • Thyme • Basil • Italian seasoning • Tarragon • Lemon slices 	<ul style="list-style-type: none"> • Salsa • Lemon juice • Dry white wine • Worcestershire sauce • Barbeque sauce • Italian dressing • Teriyaki sauce • Cheddar cheese • Monterey Jack cheese • Mexican style cheese



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°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.

Flavorful Variations

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



Tips for Packet Meals

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.



Adapted from *Cook Smart, Eat Smart*, North Carolina State University Cooperative Extension.

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