

# Red Snapper Hobo Dinner

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## INGREDIENTS

- 2 lbs Louisiana Red Snapper (about 4 filets)
- 2 Tbsp Olive oil and extra for garnish
- 2 lemons, sliced
- 4 shallots peeled and sliced
- 2 c cherry tomatoes, halved
- 2 tsp Italian seasoning
- salt and pepper to taste
- Basil sprigs, for garnish
- 2 limes, cut in wedges, for garnish

## DIRECTIONS

1. Preheat the grill on medium high heat or preheat the oven to 375 degrees F.
2. Lay out 4 pieces of aluminum foil large enough to fold around the fish while leaving a little extra room. One sheet for each personal portion. Drizzle a little olive oil so it does not stick.
3. Lay a fish filet in each of the aluminum foil sheets. Top the fish with lemons, shallots, tomatoes, Italian Seasoning and salt and pepper to taste.
4. Grab the aluminum foil on each side of the fish and fold over making sure you leave room for the fish to steam inside. Fold over each of the ends to seal in the juices of the fish.
5. Bake fish in an oven or grill fish on an outdoor grill for about 12-15 minutes (depending on the thickness of the fish) or until flakes easily with a fork. (Start checking your fish at 9 minutes as it all depends on the thickness of your fish)
6. Serve the fish in their little packets and let your guest open them. Drizzle with a little extra virgin olive oil and garnish with fresh basil, and lime wedges. Serve with fresh green salad, or favorite roasted vegetables.



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## HEALTHY SWAPS

- **Lower fat:** Recipe is lower in fat as is.
- **Lower carbohydrate:** You may substitute 4 minced garlic cloves for shallots to reduce carbohydrates. Note you will lose 3g of fiber and antioxidants by doing so. **405 calories. 7g fat (1g saturated fat, 107mg cholesterol.) 139mg sodium. 10g carbohydrates (1g fiber, 3g sugar.) 61g protein.**
- **Lower sodium:** Recipe is considered lower sodium as is.
- **Dairy-free:** Recipe is considered dairy-free as is.
- **Gluten-free:** Recipe is considered gluten-free as is.

<b>Nutrition Facts</b>	Amount/serving		Amount/serving	
		% Daily Value*		% Daily Value*
4 servings per container Serving size 1 packet <b>Calories</b> per serving <b>440</b>	<b>Total Fat</b> 7g	<b>9%</b>	<b>Total Carbohydrate</b> 17g	<b>6%</b>
	Saturated Fat 1g	<b>5%</b>	Dietary Fiber 4g	<b>14%</b>
	Trans Fat 0g		Total Sugars 6g	
	<b>Cholesterol</b> 105mg	<b>35%</b>	Includes 0g Added Sugars	<b>0%</b>
	<b>Sodium</b> 140mg	<b>6%</b>	<b>Protein</b> 60g	<b>120%</b>
	Vitamin D 0mcg	0%	4%	• Iron 2mg
	Calcium 55mg		• Iron 2mg	10%
	Potassium 386mg	8%		

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.