

# Tilapia and Summer Vegetable Packets

## Ingredients

4 Tilapia Fillets	2 tbsp Lemon Juice
1 cup quartered Cherry Tomatoes	1 tbsp chopped fresh Oregano
1 cup diced Yellow or Green Squash	1 tbsp Extra Virgin Olive Oil
1 cup thinly sliced Red Onion	1 tsp Capers, rinsed
12 Green Beans (trimmed and cut into 1 inch pieces)	1/2 tsp Salt, divided
1/4 cup pitted & chopped black olives	1/2 tsp freshly ground Pepper, divided

## Directions

Preheat grill to medium. Combine tomatoes, squash, onion, green beans, olives, lemon juice, oregano, oil, capers, 1/2 tsp salt and 1/2 tsp pepper in large bowl.

To make a packet, lay two 20 inch sheets of foil on top of each other. Generously coat the top pieces with cooking spray. Place one portion of tilapia in the center of the foil. Sprinkle with some of the remaining salt and pepper, then top with some of the vegetable mixture. Repeat with remaining 3 pieces of fish.

Bring ends of foil together, leaving enough room for steam to gather & cook the food. Make sure all seams are tightly sealed. Grill packets 7-8 minutes, or until fish is cooked through and vegetables are tender.

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