



Swimsuit-Ready in 20 Days: Dinner Recipes

White Fish and Vegetables en Papillote with Brown Rice

8 ounces boneless snapper fillets

2 cups carrots cut into strips

½ cup red bell pepper cut into thin strips

2 tablespoons freshly squeezed lemon juice

1 2/3 cups cooked brown rice

1 tablespoon onion powder

1 teaspoon paprika

1 teaspoon lemon pepper

1 teaspoon red pepper flakes

½ tablespoon garlic powder

Salt and cracked black pepper to taste

Cooking oil spray

Lemon wedges (optional)

1. Preheat the oven to 325°F. Combine the onion powder, paprika, lemon pepper, red pepper flakes, garlic powder, salt, and cracked black pepper. Sprinkle over snapper. Cut two sheets of foil larger than the fish fillets in the shape of a heart. Lightly coat the foil with cooking spray. Place a piece of fish on each piece of foil and arrange the carrots and bell pepper around the fish. Drizzle the lemon juice over the fish and vegetables and carefully seal the edges of the foil.

2. Place the packets in a shallow pan with ¼ cup water. Cover the pan and bake for 10 minutes.

To Serve: Place the packets on plates. Snip the top of the foil with scissors and let the steam escape. Serve the fish with the rice. Garnish with lemon wedges, if desired.

Servings: 2