

TUSCAN FISH PACKETS

Preparation: **10 mins.** | Cooking: **30 mins.** | Servings: **4**

INGREDIENTS

4 tilapia filets (6 ounces each)
4 plum tomatoes, chopped
1 can (15 ounces) great northern beans, rinsed and drained
1 small zucchini, chopped
1 medium onion, chopped
1 garlic clove, minced
1 medium lemon, cut into 8 rounds
1/4 cup white wine
3/4 tsp. salt, divided
1/4 tsp. pepper, divided



INSTRUCTIONS

Preheat oven to 400°. In a bowl, combine beans, tomatoes, zucchini, onion, garlic, wine, 1/2 teaspoon salt and 1/8 teaspoons pepper. Rinse fish and pat dry. Place each fillet on an 18x12-inch piece of heavy-duty foil; season with remaining salt and pepper. Spoon bean mixture over fish; top with lemon slices. Fold foil around fish and crimp edges to seal. Transfer packets to a baking sheet. Bake until fish just begins to flake easily with a fork and vegetables are tender, 15-20 minutes. Be careful of escaping steam when opening packet.