

Pescado Empapelado (Mexican Fish in Foil)

Ingredients

- Olive oil
- 2 pieces of fish
- 1 zucchini cut into chunks
- 1 yellow squash
- ¼ onion, thinly sliced
- 2 Roma tomatoes, diced
- 1 garlic clove, finely diced
- ½ jalapeno, finely sliced
- ¼ bunch Cilantro chopped
- 1 cup of chopped broccoli
- pinch Salt
- pinch of pepper
- pinch of chili powder (optional)
- Pinch whole oregano (optional)
- Foil paper

Instructions

- Lay out a large piece of foil paper.
- Drizzle olive oil in the center, not touching the sides.
- Add fish to the center.
- Top with desired amounts of zucchini, yellow squash, broccoli, onion, tomatoes, garlic, and jalapeno.
- Sprinkle on chopped cilantro
- Add salt, pepper, chili powder, and oregano (if using)
- Add another smaller foil piece on top.
- Fold all sides of the foil paper in to create a packet.
- Place on the stove in a large skillet for 5-7 minutes
- (Or, place in a 375 degrees F oven or grill for 5-7 minutes).
- Serve with lemon (optional) and enjoy.

Cilantro Lime Rice

Ingredients

- 1 cup rice
- 2 cups of water
- 3 tsp. vegetable oil
- 3 tbs. cilantro
- ½ Lime
- 1 tsp. salt (optional)

Instructions

1. In a small pot, add rice, water, 1 tsp oil, and salt.
2. Boil on high until most of the water evaporates. When the water just skims the top of the rice, reduce to low and cover for about 20 minutes.
3. Shut off the flame and keep covered for an additional 5 minutes.
4. In a medium bowl, combine the chopped cilantro, lime juice, rice, and the remaining oil, and toss until completely mixed.