

Just The Facts: Packet Meals and Portion Control

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Packet Meals

A great way to eat healthy while maintaining sensible portions is to utilize packet cooking. Cooking in packets may be something you remember from scouting or camping. Packet cooking is just not for outdoor cooking anymore. It is a simple way to prepare a variety of meals in a hurry. There are several benefits to packet cooking.

- ⇒ Quick and easy preparation
- ⇒ Utilizes healthy cooking method
- ⇒ Portion Control
- ⇒ Easy clean up

The Packet

Setting your packet meals up is very simple. Parchment paper works best for varies types of foods especially if it is acidic, but aluminum foil can be used also. There re also foil sheets available in the grocery store to make this step simple.

The Protein

You can use any type of protein, seafood, poultry beef or even plant options such as tofu. Make sure that your protein choose is boneless and skinless to ensure that is cooks quickly as well as reducing extra fat and calories in the meal.

Add Ins

Utilize a variety of vegetables either fresh, frozen or canned. Fresh or dried herbs and seasonings add a blast of flavor. Adding any type of sauce to your packet ass flavor as well stick to low calorie low sodium when possible. Once complete just seal and cook.

Build a Meal

PROTEINS	VEGETABLES	SPICES	TOPPINGS AND SAUCES
Ground beef patty	Whole kernel corn	Pepper	Salsa
Fish fillet	Black beans	Paprika	Lemon juice
Shrimp	Zucchini or Squash	Dry mustard	Dry white wine
Skinless chicken breast	Carrots	Chili powder	Worcestershire sauce
Skinless chicken thighs	Bell peppers	Oregano	Barbeque sauce
Boneless pork chop	Onion	Thyme	Italian dressing
Tofu slices	Tomatoes	Basil	Teriyaki sauce
	Potatoes	Italian seasoning	Cheese
	Olives	Tarragon	⇒ Brown Rice
	Mushrooms	Lemon slices	⇒ Quinoa
	Sweet potatoes	Herbs De Provence	⇒ Couscous

Instructions

1. Choose your protein, vegetable, spices and topping/sauces. See suggested combinations.
2. Wash and cut selected vegetables into small, evenly-sized pieces.
3. Cut a 12" x 12" square of parchment paper or aluminum foil for each packet.
4. Assemble your packet with hardy vegetables such as potatoes or carrots on the bottom.
5. Brush both sides of protein source with olive oil and place on top of hardy vegetables.
6. Add the tender vegetables such as tomatoes, mushrooms and olives.
7. Drizzle with topping/sauces and sprinkle with desired spices.
8. Top packet with cheese if desired.
9. Fold over the sides of packet to meet in the middle and fold down. Fold ends of packet over to seal well. Do not slit the packet.
10. Place packet on a baking pan and bake at 450 degrees F for 20–30 minutes.
11. Allow packet to rest for 5 minutes and then transfer to individual plates. Unfold the packets with caution, as steam will be released.

*adapted from Cook Smart Eat Smart recipe