

## Blue is Better Recipe (Serves 4) Orange Roughy Bundles

### Ingredients

- 4-6 oz. Orange roughy fillets
- 1/4 c. grated Parmesan cheese
- 1/8 to 1/4 tsp. cayenne pepper
- 2 medium zucchini, cut into 1/4" slices
- 1 small sweet red pepper, julienned

### Preparation Instructions

1. Place each fillet on a piece of heavy duty foil, 12" square.
2. Sprinkle with Parmesan cheese & cayenne pepper. Top with zucchini & red pepper.
3. Fold foil over vegetables & seal tightly. Grill, covered over indirect heat for 8-10 minutes or until fish flakes easily with a fork.



### NUTRITION FACTS

#### Serving Size

6 oz. fillet plus zucchini & peppers

#### Amount Per Serving:

**Calories**.....240

Calories from Fat.....81

**Total Fat**.....9g

Saturated Fat.....5 g

**Cholesterol**.....54 mg

**Sodium**.....573 mg

**Carbohydrate**.....3 g

Dietary Fiber.....<1 g

**Protein**.....36 g