

Parchment Packets "En Papillote"

This recipe is a road map to many different recipes based on what is in your kitchen. The concept is to steam your ingredients in the parchment packet. You can vary the flavors with different vegetables, herbs and spices. Everything gets extremely hot, so be careful when you open the packet.

4	12 x 15	parchment paper pieces	¼ pound	green beans, sliced on diagonal to 2" pieces
4		chicken breasts or fish filets		
pinch		salt and freshly ground black pepper to taste	¼ pound	mushrooms sliced
2	large	garlic cloves, minced	1 cup	cherry tomatoes halved
1	Tbs	ginger root, peeled, minced (optional)	2 Tbs	olive oil
1	Tbs	lemon grass, minced (optional)	2 Tbs	white wine
2		zucchini, ¼ x ¼ x 3"	2 Tbs	fresh herbs, such as basil, oregano, marjoram
2		carrots, peeled and cut ¼ x ¼ x 3"		

- 1 Fold each of the pieces of parchment paper in half. Open the parchment and lay them out on a work surface. Drizzle a little olive oil in the center of the paper near the crease. Place chicken breast or fish filet on one half of parchment near the middle of the crease. Season with salt and pepper. Sprinkle garlic, minced ginger or lemon grass and spices or dried herbs over each filet (fresh herbs are added after cooking) Place vegetables on top of the filet. Drizzle with small amount of olive oil and white wine. Enclose all ingredients by folding over from one end of the crease to the other until it is sealed. Lift up packet with a spatula and place on a baking sheet. Packets can be made in advance until this point.
- 2 Bake packets in a preheated 350° oven for 15-20 minutes. Chicken will take a little longer than fish. Parchment paper will have turned a light brown. Do not open packets until you are ready to serve, as the contents will continue to cook until you open it. Be careful, as hot steam will escape when opened.
- 3 To serve, place packet on the plate. When ready to eat, open the packet and pour out contents gently onto the plate and discard parchment packet. Garnish with fresh herbs. Healthy and delicious!

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Total Time: 25 minutes

Oven Temperature: 350°F

Nutrition Facts

Nutrition (per serving): 387 calories, 91 calories from fat, 10.2g total fat, 136.9mg cholesterol, 272mg sodium, 1267.3mg potassium, 13.4g carbohydrates, 4g fiber, 4.7g sugar, 58g protein.

Source

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