

Main Dishes

Tasty and balanced meals in foil!

Main Dish Cooking Tips

- *Wrap food with a second layer of foil anytime you plan to eat directly from the foil pack.*
- *If you plan to bury foil packs in coals, wrap foil around meal in a 2-handled pack. Allow handles to stick up above coals so you can remove pack easily.*
- *Use colorful vegetables and condiments in foil packs to make meat and seafood dishes more attractive.*
- *To boost the flavor of beef or chicken in foil dinners, add a little beef or chicken bouillon with a very small amount of water.*
- *You can make your own onion soup mix by combining ¼ cup dried minced onion, 2 tablespoons instant beef bouillon and ½ teaspoon onion powder.*
- *After cooking, let meat stand for 10 to 15 minutes before slicing. The internal temperature will continue to increase after meat is removed from heat.*
- *Place a grill or grate over a campfire to cook foods at lower temperatures. The further it is from the fire, the lower the cooking temperature will be.*
- *Chicken breasts larger than 4 ounces must be cooked longer. Always cook poultry until centers are no longer pink and juices run clear (170° inside). Check partway through cooking.*
- *Prepare individual meals in foil packs ahead of time, then refrigerate and cook them as needed. This is a great way for families with busy schedules to eat a nutritious meal anytime.*
- *Hamburger patties can be shaped, wrapped and refrigerated at home, then packed in a cooler to take on a campout.*

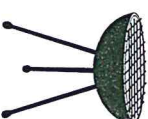
Cooking Methods



Preheat oven to 350°. Place foil packs on a baking sheet. Bake for 20 to 30 minutes or until vegetables are tender and meat is fully cooked.



Place double-wrapped foil packs on medium-hot coals for 16 to 25 minutes or until vegetables are tender and meat is fully cooked. Move packs and turn them over once during cooking.



Preheat grill to medium-high heat. Place foil packs on the grill over direct heat, close lid and cook for 18 to 25 minutes or until vegetables are tender and meat is fully cooked.

Variations

- Substitute 1 bag of mixed frozen vegetables or 1 can of your favorite (drained) vegetable for the fresh potatoes and carrots. Place a few pats of butter on top before sealing foil pouch.
- For a flavorful kick, sprinkle Creole spices or chili powder on meat before adding vegetables.
- Season the ground beef patties with steak sauce, barbecue sauce, Worcestershire sauce, cream of mushroom soup or Italian dressing before cooking.
- Before assembling the foil packs, place 1 cabbage leaf on each piece of foil. Omit water in ground beef. Set foods on the leaf and place a second cabbage leaf on top before wrapping the food in foil. Cabbage leaves add extra moisture, but may be discarded before serving the meal.
- Substitute ground turkey for the ground beef.

Basic Beef Hobo Dinner in a Pouch

Makes 4 servings

1 medium onion, peeled and sliced
1 lb. lean ground beef
4 medium potatoes, peeled and sliced
4 medium carrots, peeled and sliced
Salt and pepper
Garlic salt
Seasoned salt
Butter, optional

Directions

Cut 4 (12") pieces of heavy-duty foil. Place equal portions of onion slices on each piece of foil. In a medium bowl, combine $\frac{1}{4}$ cup water and ground beef; mix well. Shape 4 hamburger patties. Set 1 hamburger patty on top of the onions on each piece of foil. Arrange potato and carrot slices on top of each patty. Season with salt, pepper, garlic salt and seasoned salt to taste. Dot with butter if desired. Wrap foil in a tent pack around each serving.

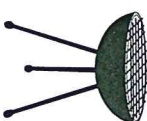
Cooking Methods



Preheat oven to 350°. Place foil packs on a baking sheet and bake for 50 to 60 minutes or until meat is fully cooked and tender.



Wrap the packs in another sheet of foil, making a 2-handled pack with the second layer. Bury the foil packs in warm coals and cook for 40 to 50 minutes or until fully cooked and tender.



Preheat grill to medium heat. Place foil packs on the grill over indirect heat, close lid and cook for 35 to 45 minutes or until meat is fully cooked and tender.

Variations

- To add more moisture and flavor, add a little butter and 1 tablespoon water, Worcestershire sauce or soy sauce before sealing the foil pack.
- Substitute 1 bag of frozen stew vegetables for the fresh vegetables and use an envelope of stew seasoning plus 4 tablespoons of butter to flavor the packs. Omit the bacon.
- Place all ingredients into 1 single large foil pack. For a different flavor, start with only the stew meat on a large piece of foil. In a medium bowl, combine 1 (2 ounce) package dry onion soup, ½ cup dry red wine or water and ½ envelope Italian salad dressing mix. Add 1 (9 ounce) package frozen mixed vegetables and stir. Spoon mixture over the stew meat in the foil, then wrap the foil pack and cook for about 60 minutes. If desired, stir in ½ cup sour cream just before serving.

Beef Stew

Makes 4 servings

1 lb. beef stew meat
4 slices bacon
4 medium tomatoes
1 C. chopped onions
Beef bouillon granules
Seasoned salt
Salt and pepper
Meat tenderizer, optional
2 potatoes, cubed, optional
2 carrots, sliced, optional

Directions

Cut beef into ¾" pieces. Cut bacon slices into small pieces. Cut each tomato into quarters. Cut 4 pieces of heavy-duty foil large enough for 1 portion of meat and vegetables. On each piece of foil, place 1 portion of the chopped onions and ¼ pound of beef on top. Sprinkle with bouillon granules, seasoned salt, salt, pepper and meat tenderizer. Arrange bacon pieces and 4 tomato chunks on top of meat in each pack. Add potato cubes and carrot slices to each pack as desired. Wrap foil in a tent pack around each serving.

Yummy Meatloaf

Makes 6 to 8 servings

2 lbs. lean ground beef
1 egg
½ C. seasoned bread crumbs
Salt and pepper
½ (10 oz.) can tomato soup
Ketchup, optional

Directions

Cut 2 pieces of heavy-duty foil large enough to wrap around the ground beef. Place the ground beef in the center of 1 piece of foil and make a large well in the middle of the meat. Crack the egg into the well. Add the bread crumbs, salt, pepper and tomato soup. Mix the ingredients together with your hands until well-blended. Shape loaf as desired but not too thick. Wrap foil in a flat pack around the loaf. Turn pack over and wrap it in a second layer of foil, again in a flat pack. Cook as directed. Before serving, top with ketchup.

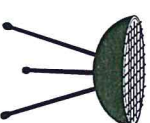
Cooking Methods



Preheat oven to 350°. Place foil pack on a baking sheet and bake for 50 to 60 minutes or until meat is fully cooked.



Place foil pack on medium embers and cook for 30 to 40 minutes or until loaf is cooked through. Turn pack over several times during cooking and move as needed to obtain even heating.



Preheat grill to medium heat. Place foil pack on the grill over direct heat, close lid and cook for 30 to 40 minutes or until meat is fully cooked. Turn pack over several times during cooking to obtain even heating.

Variations

- Divide mixture into individual portions and wrap separately in foil. Cut cooking time to about 15 to 25 minutes or until meat is fully cooked.
- For Italian Meat Loaf, omit bread crumbs and tomato soup. Use ½ cup long grain rice, 1 (6 ounce) can tomato paste, 2 tablespoons water and a 1 (2 ounce) package spaghetti sauce mix. Mix well and cook as directed.
- Instead of topping the cooked meatloaf with plain ketchup, in a small bowl mix ¼ cup ketchup, 2 teaspoons Worcestershire sauce and 1 to 2 teaspoons yellow mustard. Combine and spread over cooked meatloaf before serving.

Hobo Chicken Breasts

Makes 4 servings

- 1 onion, thinly sliced
- 2 medium potatoes, thinly sliced
- 2 medium carrots, thinly sliced
- 3 T. butter or margarine
- 4 boneless, skinless chicken breast halves
- 1 (8 oz.) can whole kernel corn, drained
- ½ tsp. dried thyme
- ½ tsp. dried rosemary
- 1 tsp. salt
- ¼ tsp. pepper

Directions

Spray 1 (18") square of heavy-duty foil with nonstick vegetable spray. Arrange the sliced onions in the center of foil. Set the sliced potatoes and carrots on top of the onions. Scatter pieces of butter over vegetables. Arrange chicken breast halves on top of vegetables, overlapping edges as needed. Pour drained corn on and around chicken. Sprinkle thyme, rosemary, salt and pepper on top. Wrap foil in a tent pack.

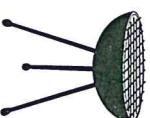
Cooking Methods



Preheat oven to 400°. Place the foil pack on a baking sheet and bake for 40 to 50 minutes or until chicken and vegetables are fully cooked.



Place double-wrapped foil pack on medium embers and cook for 30 to 40 minutes or until chicken and vegetables are fully cooked. Move pack and turn it over several times for even cooking. Check after 20 minutes.



Preheat grill to medium-high heat. Place foil pack on the grill over indirect heat, close lid and cook for 30 to 40 minutes or until chicken and vegetables are fully cooked.

Variations

- To make individual packs, combine desired vegetables and seasonings with each chicken breast half and wrap separately in a smaller piece of foil. Cook single packs for 15 to 30 minutes or until chicken is fully cooked.
- To make Lemon Chicken, brush chicken breast halves with melted butter. Squeeze juice from 1 lemon over the pieces. Sprinkle with salt and lemon pepper but omit the other seasonings. Wrap and cook chicken breasts with the vegetables as directed.
- Make individual Hawaiian Chicken packs by coating each plain chicken breast half with teriyaki sauce or marinade. Place each coated chicken breast half on a piece of foil. Top with slices of green and red bell pepper, chopped onion and pineapple chunks. Wrap foil around food in tent packs and cook for 15 to 30 minutes or until chicken is fully cooked. Serve over rice.

Pizza Chicken

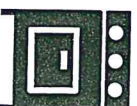
Makes 4 servings

4 boneless, skinless chicken breast halves
1 C. pizza sauce
1 C. shredded mozzarella cheese
20 slices pepperoni
½ C. chopped green pepper
1 small onion, chopped
Parmesan cheese

Directions

Cut 4 pieces of heavy-duty foil, each large enough to wrap around one chicken breast half with vegetables. Spray the foil with nonstick vegetable spray. Set 1 chicken breast half on each piece of foil. Spread ¼ cup pizza sauce over each piece of chicken. Sprinkle ¼ cup mozzarella cheese on top, followed by pepperoni slices, green pepper and onion, as desired. Press down on toppings slightly to hold them in place. Wrap foil in a tent pack around each serving. Cook as directed. Before serving, open packs and sprinkle Parmesan cheese on top.

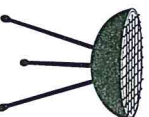
Cooking Methods



Preheat oven to 450°. Place foil packs on a baking sheet and bake for 18 to 25 minutes or until chicken is fully cooked.



Place double-wrapped foil packs on medium embers and cook for 15 to 25 minutes or until chicken is fully cooked. Move packs as needed to obtain even heating.



Preheat grill to medium-high heat. Place foil packs on the grill over direct heat, close lid and cook for 12 to 18 minutes or until chicken is fully cooked. Move packs as needed to obtain even heating.

Variations

- Add other favorite pizza toppings, such as sliced mushrooms and sliced black or green olives.
- Substitute spaghetti sauce for the pizza sauce and top the chicken with sliced zucchini, mozzarella cheese and Parmesan cheese.
- Substitute Alfredo-style pasta sauce for the pizza sauce and substitute sliced mushrooms for the other pizza toppings. Serve over cooked spaghetti or linguini.

Barbequed Chicken

Makes 4 servings

4 boneless, skinless chicken breast halves
1 C. barbeque sauce
1 (15.25 oz.) can whole kernel corn, drained
½ C. chopped green pepper

Directions

Cut 4 pieces of heavy-duty foil, each large enough to wrap around one chicken breast half with vegetables. Spray the foil with nonstick vegetable spray. Set 1 chicken breast half on each piece of foil. Spread about ¼ cup barbeque sauce on top of each chicken breast half. Spoon equal portions of the drained corn and green pepper on top of sauce. Wrap foil in a tent pack around each serving.

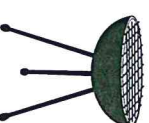
Cooking Methods



Preheat oven to 450°. Place foil packs on a baking sheet and bake for 18 to 25 minutes or until chicken is fully cooked.



Place double-wrapped foil packs on medium embers and cook for 15 to 25 minutes or until chicken is fully cooked. Move packs as needed to obtain even heating.



Preheat grill to medium-high heat. Place foil packs on the grill over direct heat, close lid and cook for 12 to 18 minutes or until chicken is fully cooked. Move packs as needed to obtain even heating.

Variations

- Substitute chunky salsa for the barbeque sauce.
- Substitute sweet and sour sauce for the barbeque sauce and omit the corn and green pepper. Serve over rice.

Southwestern Chicken and Rice Dinner

Makes 4 servings

- 2 C. quick-cooking brown rice, uncooked
- 4 small boneless, skinless chicken breast halves
- ¼ C. ranch dressing (regular or reduced-calorie)
- 1½ tsp. chili powder
- Cayenne pepper
- ½ C. shredded Cheddar cheese
- 4 C. fresh broccoli florets
- 1 medium red pepper, chopped

Directions

In a medium bowl, combine uncooked rice and 1¾ cups water. Let mixture stand for 5 minutes. Cut 4 pieces of heavy-duty foil, each large enough to wrap around 1 chicken breast half with vegetables. Spray foil with nonstick vegetable spray. Place equal portions of soaked rice on the center of each piece of foil. Place 1 chicken breast half on top. Sprinkle ½ teaspoon chili powder and a little cayenne pepper on each. Drizzle ranch dressing evenly over chicken. Place 2 tablespoons shredded cheese, 1 cup broccoli and a portion of the chopped red pepper on top. Wrap foil in a tent pack around each serving.

Cooking Methods



Preheat oven to 400°. Place foil packs on a baking sheet and bake for 25 to 30 minutes or until chicken is fully cooked.



Place double-wrapped foil packs on medium-hot embers and cook for 18 to 25 minutes or until chicken is fully cooked. Move packs several times during cooking to obtain even heating.



Preheat grill to medium-high heat. Place foil packs on the grill over indirect heat, close lid and cook for 20 to 30 minutes or until chicken is fully cooked.

Variations

- Substitute white rice for the brown rice.
- Use frozen broccoli in place of fresh broccoli.
- For a milder chicken and rice dish, mix 2 cups quick-cooking white rice with 1 can cream of chicken soup. Stir in ½ cup water. Crimp foil edges to prevent spills. Spoon an even portion of rice mixture on each piece of foil and set 1 chicken breast half on top. Wrap and cook for 15 to 20 minutes on each side.

Tomato and Chicken Tortellini

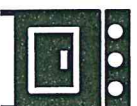
Makes 2 servings

2 boneless, skinless chicken breast halves
½ tsp. dried Italian seasoning
1 (9 oz.) pkg. frozen cheese tortellini, thawed
1 (14.5 oz.) can diced tomatoes with basil, garlic and oregano, undrained
¼ C. sliced ripe olives

Directions

Cut 2 pieces of heavy-duty foil, each large enough to wrap around 1 chicken breast half with tortellini. Spray the foil pieces with nonstick vegetable spray. Place 1 chicken breast on each piece of foil. Sprinkle Italian seasoning on top. Arrange half of the tortellini around each piece of chicken and top with half of the diced tomatoes. Sprinkle half of the ripe olive slices on top of the tomatoes. Wrap foil in a tent pack around each serving.

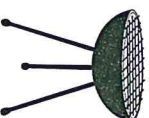
Cooking Methods



Preheat oven to 450°. Place foil packs on a baking sheet and bake for 25 to 30 minutes or until chicken is fully cooked.



Place double-wrapped foil packs on medium-hot embers and cook for 18 to 25 minutes or until chicken is fully cooked. Move packs as needed during cooking to obtain even heating.



Preheat grill to medium-high heat. Place foil packs on the grill over direct heat, close lid and cook for 14 to 22 minutes or until chicken is fully cooked.

Variations

- Substitute prepared spaghetti sauce for the diced tomatoes. Sprinkle with grated Parmesan cheese before serving.
- Substitute cheese ravioli for the tortellini.

Sweet Ham and Yams

Makes 4 servings

- 1 lb. boneless fully cooked ham
- 2 large yams or sweet potatoes
- 2 apples
- Ground cinnamon
- 3 T. brown sugar
- ¼ C. pancake syrup

Directions

Cut ham into small chunks. Peel and cut yams into ½" cubes. Peel, core and cut each apple into 8 slices. Cut 4 (12") pieces of heavy-duty foil. Place an equal portion of ham and yam chunks on each piece of foil. Place 4 apple slices on top of each pack. Sprinkle each pack with cinnamon and 2 teaspoons brown sugar, then drizzle 1 tablespoon syrup on top of each serving. Wrap foil in a tent pack around each serving.

Cooking Methods



Preheat oven to 350°. Place foil packs on a baking sheet and bake for 20 to 30 minutes or until yams are tender.



Place double-wrapped foil packs on medium embers for 15 to 20 minutes or until yams are tender. Turn over after 10 minutes and move as needed to cook evenly.



Preheat grill to medium heat. Place foil packs on the grill over direct heat, close lid and cook for 15 to 25 minutes or until yams are tender. Turn over once during cooking.

Variations

- Use drained, canned sweet potatoes in place of fresh yams. Reduce cooking time by 5 to 10 minutes.
- Use a ham slice instead of ham chunks and substitute crushed pineapple for the yams. Use ½ teaspoon ground cloves in place of cinnamon. Wrap in a single foil pack and cook until ham is hot.

Pork Chops with Orange Glaze

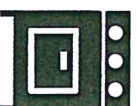
Makes 4 servings

4 loin pork chops, ½" thick
Salt and pepper
2 Granny Smith apples, peeled and thinly sliced
1 (29 oz.) can sweet potatoes in heavy syrup, drained
1 (10 oz.) jar orange marmalade
⅓ C. honey mustard

Directions

Cut 4 (18") pieces of heavy-duty foil. Place 1 pork chop in the center of each piece of foil and sprinkle salt and pepper on top. Place an equal portion of sliced apples around each pork chop. Place an equal portion of sweet potatoes on top of each pork chop. In a small bowl, combine the orange marmalade and honey mustard. Mix well and spoon an equal portion over each pork chop. Wrap foil in a tent pack around each serving.

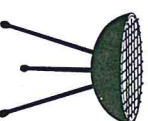
Cooking Methods



Preheat oven to 450°. Place foil packs on a baking sheet and bake for 20 to 30 minutes or until pork chops are fully cooked.



Place double-wrapped foil packs on medium embers for 15 to 20 minutes or until pork chops are fully cooked. Turn over after 10 minutes and move as needed to obtain even heating.



Preheat grill to medium-high heat. Place foil packs on the grill over direct heat, close lid and cook for 13 to 20 minutes or until pork chops are fully cooked. Turn over after 10 minutes and move as needed to obtain even heating.

Variation

- Substitute cubed white or red potatoes for the sweet potatoes.

Teriyaki Pork Tenderloin

Makes 4 to 8 servings

1 to 1½ lbs. pork tenderloin
1 (1.27 oz.) pkg. dry onion soup mix
2 T. olive oil
Teriyaki sauce
2 apples, peeled and sliced
1 medium onion, sliced

Directions

Cut 2 pieces of heavy-duty foil large enough to wrap around the whole tenderloin. Stack the foil pieces and set the tenderloin in the center of the foil. Sprinkle the onion soup mix over the tenderloin and rub into the meat. Drizzle olive oil and some teriyaki sauce over meat. Top with apple and onion slices. Wrap foil pieces around tenderloin in a tent pack. Cook as directed. Let cooked meat stand for 10 to 15 minutes before slicing.

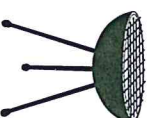
Cooking Methods



Preheat oven to 325°. Place foil pack on a baking sheet and bake for about 1½ hours or until meat registers 155° to 160° on a meat thermometer and pork is tender.



Place foil pack on medium embers for 50 to 70 minutes or until meat registers 155° to 160° on a meat thermometer and pork is tender. Turn every 15 minutes and move as needed to obtain even heating.



Preheat grill to medium heat. Place foil pack on the grill over indirect heat, close lid and cook for 45 to 60 minutes or until meat registers 145° on a meat thermometer and pork is tender. Turn foil pack every 15 minutes.

Variations

- Start with plain tenderloin. In a small bowl, mix 1½ teaspoons each of garlic powder, chili powder, dry mustard, paprika and salt. Rub seasonings over all sides of the tenderloin and wrap in foil. If desired, brush with honey before serving.
- Start with plain tenderloin and brush with barbecue sauce before wrapping in foil.

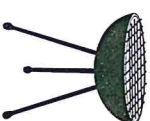
Cooking Methods



Preheat oven to 425°. Place foil packs on a baking sheet and bake for 10 to 15 minutes, turning over once during cooking.



Wrap a second layer of foil around fish, twisting foil ends to make a 2-handle pack. Bury the fish packs in hot embers and cook for 8 to 15 minutes or until fish is white and flaky.



Preheat grill to medium-high heat. Place foil packs on the grill over direct heat and cook for 8 to 15 minutes, turning over once during cooking.

Variations

- Use whole fresh fish, like trout. Season the inside of the cleaned fish with salt and pepper. Add some chopped onions, chopped celery, chopped tomatoes and 1 tablespoon of margarine. Wrap in foil and cook as directed.
- In place of butter mixture, spoon prepared basil pesto over fillets and arrange sliced carrots around fish. Increase cooking time by 8 to 10 minutes.
- Turn this into a sandwich recipe by serving the cooked fish on a bun or hoagie with mayonnaise, Dijon mustard or tartar sauce. Add lettuce and tomato slices.

Fish Fillets

Makes 4 servings

½ C. chopped onions
4 fish fillets (cod, orange roughly or haddock)
2 T. margarine, melted
¼ C. lemon juice
1 T. fresh chopped parsley
1 tsp. fresh dillweed
1 tsp. salt
¼ tsp. pepper
Paprika

Directions

Cut 4 pieces of heavy-duty foil, each large enough to wrap around 1 fish fillet. Place 2 tablespoons chopped onions on each piece of foil and top with a fish fillet. In a small bowl, mix melted margarine, lemon juice, parsley, dillweed, salt and pepper. Pour equal portions of the mixture over each fillet, then sprinkle with paprika. Wrap foil in a flat pack around each fillet.

Glazed Salmon

Makes 2 servings

2 T. butter
½ C. brown sugar
1½ T. lemon juice
¾ tsp. dried dillweed
¼ tsp. cayenne pepper
2 frozen salmon fillets, partially thawed
Lemon pepper

Directions

In a small saucepan, melt butter. Add brown sugar, lemon juice, dillweed and cayenne pepper. Cook over low heat, stirring until brown sugar is dissolved. Cut 2 pieces of heavy-duty foil, each large enough to wrap around 1 salmon fillet. Spray foil pieces with nonstick vegetable spray. Place 1 salmon fillet on each piece of foil and brush each with half of the glaze. Wrap foil in a flat pack around each fillet.

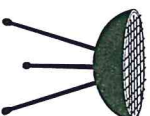
Cooking Methods



Preheat oven to 400°. Place foil packs on a baking sheet and bake for 17 to 22 minutes or until salmon flakes easily with a fork.



Place double-wrapped foil packs on medium embers. Cook for 10 to 15 minutes or until salmon flakes easily with a fork. Move foil packs as needed to obtain even heating.



Preheat grill to medium-high heat. Place foil packs on the grill over direct heat, close lid and cook for 8 to 15 minutes or until salmon flakes easily with a fork. Move packs as needed to obtain even heating.

Variation

- In place of the brown sugar mixture, combine ¼ cup honey, 2 tablespoons Dijon mustard, 1 tablespoon melted butter, 2 teaspoons Worcestershire sauce, 1 tablespoon cornstarch and a dash of pepper. Spread this sauce over the salmon before wrapping in foil.

Spicy Shrimp

Makes 4 servings

1 to 1½ lbs. large shrimp, peeled and deveined
Salt and pepper
1½ C. chunky salsa
1 tsp. garlic powder
¾ tsp. crushed red pepper flakes
1 (16 oz.) can whole green beans, drained
Italian-seasoned grated Parmesan cheese

Directions

Cut 4 pieces of heavy-duty foil, each large enough to hold 1 serving of shrimp and green beans. Spray foil with nonstick vegetable spray. Place an equal portion of the shrimp on each piece of foil. Sprinkle shrimp with salt and pepper. In a small bowl, combine salsa, garlic powder and red pepper flakes. Spoon the salsa mixture evenly over shrimp. Arrange some green beans next to shrimp on each piece of foil. Wrap foil around shrimp in a tent pack and cook as directed. Before serving, sprinkle cooked shrimp with Parmesan cheese.

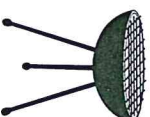
Cooking Methods



Preheat oven to 450°. Place foil packs on a baking sheet and bake for 15 to 20 minutes or until shrimp is fully cooked.



Place double-wrapped foil packs on medium-hot embers. Cook for 8 to 12 minutes or until shrimp is fully cooked. Move foil packs as needed to obtain even heating.



Preheat grill to medium-high heat. Place foil packs on the grill over direct heat, close lid and cook for 8 to 15 minutes or until shrimp is fully cooked.

Variations

- Substitute frozen broccoli florets or fresh snow peas for the green beans and use ½ cup soy sauce in place of salsa. Omit red pepper flakes and Parmesan cheese. Serve over rice.
- Make Garlic Shrimp by mixing ½ cup softened butter with garlic powder and some minced parsley. Omit vegetables, salsa, red pepper flakes and Parmesan cheese. Spoon an equal portion of butter mixture on top of each shrimp pack and cook as directed.