



# Fiesta Fish and Rice

## INGREDIENTS

2 cups Hy-Vee instant long-grain white rice  
1 cup warm water  
1 (14.5-oz.) can undrained Hy-Vee petite-diced tomatoes  
1 (1.25-oz.) pkg. Hy-Vee original taco seasoning mix  
1 Hy-Vee Short Cuts sweet corn on the cob, kernels removed  
1 (15-oz.) can Hy-Vee black beans, rinsed and drained  
6 Hy-Vee Fish Market frozen swai fillets, patted dry  
12 oz Hy-Vee Short Cuts julienne bell pepper strips, cut in half  
6 tbsp Hy-Vee salted butter, melted  
1 ½ tsp lime zest  
1 ½ tbsp fresh lime juice  
1 ½ tsp Hy-Vee chili powder

## PREPARATION

- 1** Prepare a charcoal or gas grill for direct cooking over medium-high heat (375 to 400°). Combine white rice and water in a large bowl. Stir in undrained tomatoes and taco seasoning mix; let stand 15 minutes or until most of the liquid is absorbed. Stir corn and black beans into rice mixture.
- 2** Create 6 (16x12-inch each) sheets of foil. Spoon ¾ cup rice mixture on one-half of each sheet. Top with swai fish. Place bell peppers next to rice and fish.
- 3** Combine melted butter, lime zest, fresh lime juice, and chili powder; drizzle over fish. Fold other half of foil over fish and peppers; double-fold to seal. Grill packets 8 to 10 minutes or until fish flakes easily when tested with a fork (145°). Serve with lime wedges, if desired.

## NUTRITION FACTS

Calories: 410  
Total Fat: 14g  
Saturated Fat: 8g  
Trans Fat: 0g  
Cholesterol: 50mg

Sodium: 990mg  
Carbohydrates: 49g  
Fiber: 13g  
Sugar: 5g  
Protein: 21g