

Sheet Pan Herbed Fish and Vegetables

Prep Time 15 mins
 Total Time 30 mins
 Meal Type Lunch, Dinner
 Contributed By



Source [Living Plate Teaching Kitchen](#)

Servings 4



Ingredients

lb,c g,ml

- 1 Head broccoli, *sliced long and thin*
- 12 spears asparagus, *woody ends removed*
- 1 1/2 lb cod fillets
- 2 Tbs olive oil
- 2 Tbs oregano, *fresh, chopped*
- 2 Tbs thyme, *fresh, chopped*
- 1/2 tsp salt
- 2 lemons, *zested and juiced*
- 2 Cloves garlic, *halved*
- aluminum foil

Directions

Prep

1. Preheat oven to 350°F and cover a large sheet pan with foil.
2. Trim asparagus, slice broccoli, chop herbs, cut garlic in half.

Make

1. Arrange fish and vegetables in a single layer sheet pan with foil.
2. Drizzle fish with half the oil and then rub with garlic halves.
3. Drizzle remaining oil over vegetables.
4. Sprinkle fresh herbs, salt, lemon zest, and lemon juice over both vegetables and fish.
5. Bake for 12-15 minutes.

Notes

For a delicious splurge try using sea bass in place of the cod! Really any white fish works well in this recipe.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	234	Total Fat 8.2g	12%	Total Carbohydrates 8g	2%
		Saturated Fat 1.3g	6%	Dietary Fiber 3g	11%
		Trans Fat 0.0g		Total Sugars 2g	
		Cholesterol 73mg	24%	Protein 33g	
		Sodium 397mg	17%		
Vitamin D 2mcg 15% · Calcium 90mg 8% · Iron 3mg 15% · Potassium 975mg 20%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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