

MEDITERRANEAN COD SHEET PAN DINNER



ingredients:

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| Vegetable oil cooking spray | 1/2 teaspoon dried oregano |
| 4 5-ounce cod fillets | 1/4 teaspoon salt |
| 1 cup grape or cherry tomatoes | 1/4 teaspoon black pepper |
| 8 large mushrooms, quartered | 1/4 cup kalamata olives, diced |
| 1/2 medium red onion, sliced into thin wedges | 1/3 cup crumbled feta cheese |
| 2 Tablespoons olive oil | 1 to 2 Tablespoons snipped fresh parsley |
| 2 Tablespoons fresh lemon juice | 1 lemon, quartered into 4 wedges |

directions:

1. Preheat oven to 425 degrees. Coat a large rimmed sheet pan with cooking spray and place fish fillets on pan.
2. In a bowl, combine tomatoes, mushroom quarters and onion wedges.
3. In a small bowl, whisk together oil, lemon juice, oregano, salt and pepper. Pour half the mixture over the vegetables and toss to coat.
4. Add the vegetables to the sheet pan. Brush the entire surface of the fish fillets with remaining olive oil mixture.
5. Place sheet pan in oven and cook for 10 to 15 minutes or until the fish flakes. Remove from oven and sprinkle with chopped olives, feta cheese and parsley.
6. Serve each fillet with vegetables and a lemon wedge.

Yield: 4 servings

Nutrition Information Per Serving:

245 Calories
11 grams Fat
2 grams Saturated Fat
67 mg Cholesterol
413 mg Sodium
8 grams Carbohydrates
2 grams Fiber
30 grams Protein

Food exchanges:
4 lean meat, 1 vegetable



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