

# FOIL BAKED LEMON COD WITH SQUASH AND GREEN BEANS



## ingredients:

- |                                |   |
|--------------------------------|---|
| 1/4 cup extra-virgin olive oil | 2 cups yellow squash, cut into 1-inch rounds    |
| 1/2 cup lemon juice            | 2 cups fresh green beans, washed, trimmed       |
| 2 Tablespoons lemon zest       | 4 cod fish fillets, 6 ounces each, skin removed |
| 2 Tablespoons garlic, minced   | Lemon wedges for serving                        |
| 1/4 cup shallots, chopped      | Fresh parsley for serving                       |
| 1/4 teaspoon ground oregano    |   |
| 1/4 teaspoon ground thyme      |   |
| 1/4 teaspoon salt              |   |

## directions:

1. Preheat oven to 450° F.
2. In a small bowl, whisk together olive oil, lemon juice, lemon zest, garlic, shallots, oregano, thyme, and salt.
3. Cut 4 pieces of heavy-duty aluminum foil large enough to make a packet for each serving of fish and vegetables.
4. Place each fish filet in the center of a piece of foil, then divide the vegetables between each piece. Brush lemon and oil dressing evenly over fish and vegetables.
5. Fold the foil over to cover the fish and vegetables almost completely, leaving a small opening to release steam. Place the 4 packets on a baking sheet and bake until fish is cooked through, about 15 minutes.
6. Serve with lemon wedges and fresh parsley.

Yield: 4 servings

## Nutrition Information Per Serving:

350 Calories  
18 grams Fat  
3.5 grams Saturated fat  
80 mg Cholesterol  
370 mg Sodium  
12 grams Carbohydrates  
3 grams Fiber  
32 grams Protein

Food exchanges:  
4 protein, 2 vegetable



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