

# COD AND VEGGIE FOIL PACKETS



## SERVING SIZE

2



## INGREDIENTS

### ITEM

Zucchini, Thinly Sliced  
Cherry Tomatoes, Halved  
Green Beans (Cut into 1-inch pieces)  
Extra Virgin Olive Oil, Divided  
Chopped Fresh Oregano

### QUANTITY

1 Cup  
1 Cup  
1 Cup  
½ Tbsp.  
1 Tbsp.

### ITEM

Fresh Thyme Leaves  
Cod Fillets  
Salt  
Freshly Ground Black Pepper  
Lemon, Juiced  
Oil Spray

### QUANTITY

1 Tbsp.  
2  
To Taste  
To Taste  
½



## PREPARATION

- ✔ Preheat oven to 400°F (200°C).
- ✔ Tear two large sheets of aluminum foil and spray lightly with oil spray.
- ✔ In a bowl, toss zucchini, cherry tomatoes, and green beans with half of the olive oil, oregano, thyme, salt, and pepper.
- ✔ Divide the veggies evenly between the two foil sheets.
- ✔ Place one cod fillet on top of each veggie pile.
- ✔ Drizzle with remaining olive oil, a squeeze of lemon juice, and season with salt and pepper.
- ✔ Fold foil over the fish and vegetables to form sealed packets.
- ✔ Place the packets on a baking sheet and bake for 20–25 minutes, or until the cod is opaque and flakes easily.
- ✔ Carefully open packets and serve hot. Enjoy!