



GARLIC HERB SHEET PAN COD

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cod Fillet	5 Oz.	Clove Garlic, Minced	1
Asparagus, Trimmed	1 Cup	Juice	½ Lemon
Broccoli Florets	1 Cup	Italian Seasoning	1 Tsp.
Cherry Tomatoes	½ Cup	Salt and Pepper, to taste	
Olive Oil	1 Tsp.	Lemon Slices for Garnish	

SERVING SIZE

1

PREPARATION

- Preheat oven to 400°F.
- Line a baking sheet with parchment paper.
- Place cod, asparagus, broccoli, and cherry tomatoes on the baking sheet.
- Drizzle vegetables and fish with olive oil.
- Add minced garlic, lemon juice, Italian seasoning, salt, and pepper.
- Toss vegetables gently to coat and season the cod evenly.
- Place lemon slices on top of the cod.
- Bake for 15-18 minutes, or until the cod flakes easily with a fork and the vegetables are tender.
- Serve immediately with additional lemon, if desired.