

Baked Fish and Vegetables

March 2024 Recipe

Makes: 4 servings



Ingredients

4, 4-oz. frozen white fish fillets (cod or perch)
2 cups frozen mixed vegetables
1 small onion (diced)
1 tsp. lemon juice
1 Tbsp. fresh parsley flakes
Aluminum foil (10-inch by 12-inch square)

Nutritional information for 1 serving

Calories	145
Total fat	1 g
Saturated fat	0 g
Cholesterol	49 mg
Sodium	355 mg
Carbohydrate	15 g
Dietary fiber	5 g
Total sugars	4 g
Added sugars included	0 g
Protein	19 g

Directions

1. Preheat oven to 450 F.
2. Separate and place fish fillets in center of each tin foil square.
3. Combine frozen vegetables and diced onion in bowl and mix. Spoon vegetables around fillets.
4. Sprinkle with lemon juice (or top with lemon slice) and add parsley on top. Fold ends of tin foil together to form a leak-proof seal.
5. Bake for 10 minutes. Serve.
6. Refrigerate leftovers.