

# Sheet Pan Dinner



## *the ingredients*

- 2-4 oz cod filets
- 1 small bag of baby potatoes or 4-5 yukon gold potatoes, chopped into 1/4 in pcs
- 3 whole carrots sliced into 1/4 inch matchsticks or 12 baby carrots
- olive oil
- salt, pepper, herbs de provence, paprika as desired
- bunch of flat-leaf parsley, chopped

## *the method*

- Preheat oven to 400 degrees.
- Spray large sheet pan with high-temp cooking spray.
- On left side, place cod filets on sheet pan. Drizzle lightly with olive oil and sprinkle with spices.
- Spread whole baby potatoes or cut yukon potatoes in the middle of the sheet pan with the cod. Drizzle with oil and desired spices.
- Spread carrots on right side of the sheet pan and drizzle with oil and spices.
- Roast all for about 15-20 minutes until fish is opaque and fully cooked, and potatoes are fork tender.
- Sprinkle all with chopped parsley and serve.

## *the nutrition*

Kcal: 351

Fiber: 6 g

Saturated fat: 2 g

Protein: 19 g

Added sugar: 0 g

