

White Fish and Veggies

- 4 3-ounce tilapia or white fish fillets
- 2 cloves garlic crushed and diced
- 2 teaspoons olive oil or melted butter
- 2 tablespoons lemon juice
- 3 teaspoons fresh Parsley or dried
- 1 teaspoon Oregano fresh or dried
- Himalayan sea salt and pepper to taste
- 1 large zucchini sliced
- 1 cup cherry tomatoes cut in halves
- 2 cups broccoli florets fresh or frozen
- 1/2 lb asparagus tough ends removed



1. Preheat oven to 400F.

2. Heat olive oil (or butter) on low-medium heat in a small pan. Add garlic and saute on low for about 1 minute. Remove from heat and add lemon juice, parsley, oregano, and salt + pepper to taste.

3. Arrange fish and veggies in a single layer on a sheet pan. Evenly pour the garlic spice mixture onto fish and veggies. Bake for 12-15 minutes or until golden.

Serving Size = 3 ounces of fish and 1-1.5 cups of veggies