

Sheet Pan Tilapia & Vegetable Medley

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Servings: 2

2 medium Yukon Gold potatoes, cut into wedges
3 large fresh Brussels sprouts, thinly sliced
3 large radishes, thinly sliced
1 cup fresh sugar snap peas, cut into 1/2-inch pieces
1 small carrot, thinly sliced
2 tablespoons butter, melted
1/2 teaspoon garlic salt
1/2 teaspoon pepper
2 (six ounce ea) tilapia fillets
2 tablespoons minced fresh tarragon or 1/2 teaspoon dried tarragon
1/8 teaspoon salt
1 tablespoon butter, softened
lemon wedges (optional)
tartar sauce (optional)

Preparation Time: 10 minutes

Bake Time: 20 minutes

Preheat the oven to 450 degrees.

Line a 15x10x1-inch sheet pan with foil. Grease the foil.

In a large bowl, combine the potatoes, Brussels sprouts, radishes, snap peas and carrot. Add the melted butter, garlic salt and pepper. Toss to coat. Place the vegetables in a single layer in the prepared pan.

Bake until the potatoes are tender, about 20 minutes.

Remove from the oven. Preheat the broiler.

Arrange the vegetables on one side of the sheet pan. Add the fish to the other side. Sprinkle the fish with the tarragon and salt. Dot with the softened butter.

Broil four to five inches from the heat until the fish flakes easily with a fork, about 5 minutes.

If desired, serve with lemon wedges and tartar sauce.

Per Serving (excluding unknown items): 242 Calories; 17g Fat (63.8% calories from fat); 3g Protein; 20g Carbohydrate; 3g Dietary Fiber; 47mg Cholesterol; 835mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.