

## Meal Prep; Baked Cod & Veggies

If using fresh fish this recipe will last 3-4 days refrigerated.

Prep Time 5 minutes | Cook Time 25 minutes | Makes about 4 meals

### Ingredients:

- 1 pound Atlantic cod divided into 4 pieces (about 4oz each)
- 2 cups Cherry Tomatoes (or any tomatoes, diced, will do)
- 2 cups potatoes diced
- 2 cups Brussels sprouts cut in half (or your favorite non- starchy vegetable)
- 4 tbsp. oil of choice (olive oil is great)
- Pinch of your favorite seasoning (try 1 tsp garlic powder, crushed black pepper & dried oregano each)
- Pinch of sea salt when served

### Instructions:

1. Preheat oven to 400 degrees F
  2. Toss diced potatoes & Brussel's sprouts with 1/2 of your oil
  3. Roast in the oven for 20 minutes
  4. Remove pan from the oven
  5. Add in tomatoes and cod (keep potatoes, veggies & fish separate to make easier to divide into separate meals later)
  6. Drizzle with remaining oil and season
  7. Return to the oven and bake for an additional 10-12 minutes
  8. Divide out equal portions of fish, potatoes and veggies between containers and enjoy!
- You can also garnish with your favorite fresh herbs and a squeeze of fresh lemon

### Nutrition Facts for 1 out of 4 servings using 4 tbsp. oil:

312 calories | 24g Protein | 22g Carbs | 15g Fat

