Dinner, Mediterranean

Roasted Cod with Summer Vegetables and Quinoa

Flaky cod roasted with dried herbs shares a sheet pan with blistered grape tomatoes, squash, and toasted walnuts, all spooned over tender quinoa. A cozy dinner that comes together on a single tray.



Gluten free | Dairy free

35 min	390	42 g	12 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 1 cup grape tomatoes
- [ ] 1 med yellow squash (cut into 1-inch rounds)
- [ ] 1 med zucchini (cut into 1-inch rounds)
- [ ] 1/2 small Vidalia onion (sliced)
- [ ] 2 clove garlic (minced)
- [ ] 2 tbsp walnuts (chopped)
- [ ] 1 tbsp extra virgin olive oil (divided)
- [ ] 1 tsp dried basil
- [ ] 1/2 tsp dried oregano
- [ ] 1/2 tsp dried parsley
- [ ] 1/4 tsp crushed red pepper flakes
- [ ] 1/4 tsp black pepper
- [ ] 2 whole cod filets (6 oz each)
- [ ] 1/3 cup quinoa (dry)
- [ ] 2/3 cup water

Nutrition Facts

Per serving

Calories	390
Total fat	14 g
Saturated fat	1.5 g
Sodium	150 mg
Total carbs	42 g
Fiber	6 g
Total sugars	12 g
Protein	28 g

Method

- [ ] 1 Heat the oven to 400 degrees F and line a baking sheet with foil or parchment paper.
- [ ] 2 Toss the grape tomatoes, yellow squash, zucchini, Vidalia onion, garlic, and walnuts together in a large bowl.
- [ ] 3 Stir the extra virgin olive oil with the dried basil, dried oregano, dried parsley, crushed red pepper flakes, and black pepper in a small bowl.
- [ ] 4 Coat the vegetables with 2 tsp of the olive oil and 2 tsp of the herb blend, tossing until evenly covered.
- [ ] 5 Rub the remaining tsp of olive oil and the last tsp of the herb blend over the tops of the cod filets.
- [ ] 6 Arrange the cod filets on one end of the baking sheet and spread the vegetables across the other end, then roast about 20 minutes, until the cod reaches 145 degrees F inside and flakes easily with a fork.
- [ ] 7 While the cod and vegetables roast, rinse the quinoa and simmer it with the water, covered, until the liquid is absorbed and the grains are fluffy.

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