

Pan Seared Fish with Vegetables



Ingredients:

- 2 fish fillets (Salmon, Tilapia)
- 4 tablespoons olive oil
- salt and pepper to taste
- 1/2 onion, diced
- 1/4 lb. carrots, cut in quarters
- 2 lb. summer or zucchini squash, sliced

Directions:

1. Preheat oven 375F
2. Place all vegetables in foil lined pan, brush 2 tablespoons of olive oil, and salt and pepper to taste.
3. Bake for 30 mins or until golden brown
4. Place 2 tablespoons of olive oil in sauté pan or skillet. Sear each side of the fish fillets for about 4 to 5 minutes until a fork can easily flake the fish.

Makes 2-3 servings.



This message brought to you by
Tarrant County Public Health
<http://health.tarrantcounty.com>