RECIPE

Baked cod with herbs and root vegetables

A sheet-pan baked cod dinner with lemon, thyme, parsley and dill over roasted carrots, parsnips and potatoes, with about 386 mg sodium a serving.

MAKES

4 servings US Metric

TOTAL

50 min

Ingredients

- [ ] 1 lb carrots, peeled and cut in 2-inch sticks
- [ ] 12 oz parsnips, peeled and cut in 2-inch sticks
- [ ] 12 oz Yukon gold potatoes, scrubbed and cut in ¾-inch chunks
- [ ] 2 tbsp olive oil, divided
- [ ] 1 tsp garlic powder
- [ ] 1 tbsp fresh thyme leaves
- [ ] 2 tbsp chopped fresh parsley
- [ ] 1 tbsp chopped fresh dill
- [ ] 4 cod fillets (5 oz / 140 g each), thawed if frozen
- [ ] 1 tsp lemon zest
- [ ] 3 tbsp lemon juice (1 large lemon)
- [ ] ⅓ tsp salt, divided
- [ ] ¼ tsp black pepper

Method

1. Heat the oven to 425 °F with a rimmed baking sheet inside. Oven roasting needs no change at 5,300 ft.

2. Toss the carrots, parsnips and potatoes with 1 tbsp of the oil, the garlic powder, the thyme and a scant ¼ tsp of the salt. Tip them onto the hot sheet in one layer. Roast 25 minutes, turning once, until they are tender and browned at the edges.

3. While they roast, pat the cod dry with paper towels. Rub it with the other tablespoon of oil, the lemon zest, the pepper and the rest of the salt.

4. Push the vegetables to the sides and lay the fillets in the middle. Roast 10 to 14 minutes, depending on thickness.

5 The fish is done when it flakes at the thickest part and is opaque all the way through, and a food thermometer reads 145 °F.

6 Squeeze the lemon juice over everything and scatter the parsley and dill. Serve a fillet over a pile of vegetables with the pan juices.

7 Cool leftovers within 2 hours, then refrigerate. Eat within 2 days. Reheat to 165 °F.